

Create brighter futures with a career in fitness, health, and wellness.

Why Study Exercise Science at Rivier?

Our B.S. in Applied Exercise Science provides students with an overview of the study of the human body and its response to movement and exercise. It provides insight into the benefits of physical exercise and examines the connection between exercise, nutrition, and health. The program is designed for problem-solvers with a desire to change the lives of individuals in varying degrees of health and wellness.

Build Your Knowledge Base

Students who study Applied Exercise Science will take courses related to nutrition, exercise physiology, physics, chemistry, kinesiology, anatomy, and physiology. Through the study of the human body and its response to movement and exercise, you will gain valuable insight into the benefits of physical exercise and its connection to nutrition and health.

Begin Your Career

With your B.S. in Applied Exercise Science, you'll be prepared to work in the medical, sport, or research industries. Graduates will coach, educate, or advise patients or clients on ways to keep their bodies fit and healthy at a variety of venues, including:

- Gyms and fitness centers
- Hospital rehabilitation centers
- Physical therapy clinics
- Sports teams

Advanced Degrees

Applied Exercise Science graduates are workforce-ready and well-positioned for success in the competitive job market and for graduate study in occupational therapy, physical therapy, nutritional science, and as an athletic trainer or physician assistant.

Journeys of Transformation

Rivier University's core curriculum, titled *Journeys of Transformation*, aligns with the American Association of College & Universities essential learning outcomes. Coursework focuses on developing strong intellectual and practical skills for workforce success, and offers opportunities for service learning, servant leadership, and civic engagement to enhance leadership abilities.



36,000 sq. ft.
cutting-edge
Science & Innovation
Center



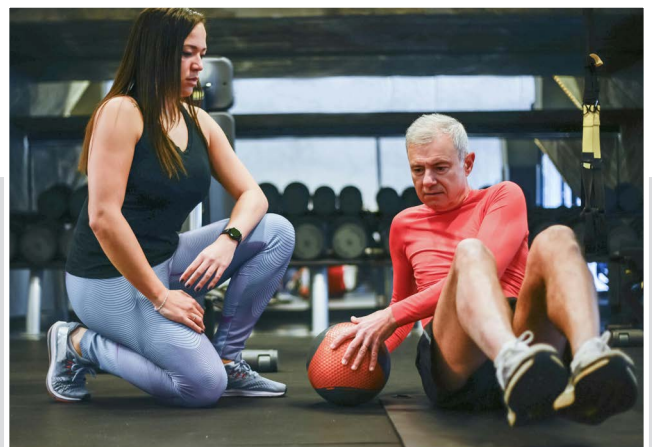
90+ years
of educational
excellence



100%
of students receive
financial aid



95%
of students complete
internships, field
experiences, or service
learning programs





Major Requirements

EXER 101	Introduction to Applied Exercise Science
EXER 200	Exercise Psychology
EXER 206	Strength Training and Conditioning
EXER 305	Exercise Physiology
EXER 305	Exercise Physiology Lab
EXER 335	Dynamics of Human Movement
EXER 335L	Dynamics of Human Movement Lab
EXER 360	Exercise Testing and Prescription
EXER 360L	Exercise Testing and Prescription Lab
EXER 495	Applied Exercise Science Internship
BIOL 105	Human Anatomy and Physiology I
BIOL 106	Human Anatomy and Physiology II
BIOL 202	Genetics
CHEM 104	General Chemistry I
CHEM 104L	General Chemistry Laboratory I
CHEM 105	General Chemistry II
CHEM 105L	General Chemistry Laboratory II
HSCI 325	Principles of Nutrition
HSCI 335	Health Research Methods
PHYS 111	Physics I
PHYS 111L	Physics Laboratory I
PHYS 112	Physics II
PHYS 112L	Physics Laboratory II
PSYC 101	General Psychology
PSYC 212	Lifespan Development
PSYC 205	Statistics for the Behavioral Sciences
PSYC 205L	Statistics Lab
PSYC 301	Drugs and Behavior

GENERAL ELECTIVES

Students choose two three-credit elective courses (six credits) to reach the total number of credits required for the degree.

The University reserves the right to make changes when appropriate and necessary as needed without notification. (0824)

Employment Promise Program

Rivier's *Employment Promise Program* enhances the career preparation and employability of students in all academic disciplines. The program includes mentorship through Rivier's Career Development Center and features a tailored four-year academic and professional development plan, integrating experiences that have been shown to enhance overall employability and improve job search success.

Confidence in the quality of a Rivier education enables the University to ensure invested students will secure employment within nine months of graduation. If not, the University will provide the student additional financial or educational support. Get more information at rivier.edu/EPP.



You're Invited

Attend an on-campus event, or schedule an individual campus tour for you and your family. You can access a complete listing of events and register online at events.rivier.edu or call us at (603) 897-8507.

Academic Accreditation

Rivier University is accredited by the New England Commission of Higher Education (NECHE).



Quick Links

 Ask a Question
admissions@rivier.edu

 Talk to an Admissions Counselor
rivier.edu/team

 Schedule a Visit
events.rivier.edu

 Tuition & Fees
rivier.edu/tuition

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