



# Rivier

## UNIVERSITY

### B.S.

### Applied Exercise Science

## 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.



**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



## Apply Today

Apply online using the Common App or directly at [apply.rivier.edu](http://apply.rivier.edu).

## 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.

## Major Requirements

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

## General Electives

Students choose two 3-credit elective courses (6 credits) to reach the total number of credits required for the degree.

## Innovative

### 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 a specialized, four-year academic/professional development plan that incorporates experiences proven to increase overall employability and success in the job search process.

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](http://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](http://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](mailto:admissions@rivier.edu)

Schedule a Visit – [events.rivier.edu](http://events.rivier.edu)

Talk to an Admissions Counselor – [rivier.edu/team](http://rivier.edu/team)

Tuition & Fees – [rivier.edu/tuition](http://rivier.edu/tuition)



*The University reserves the right to make changes when appropriate and necessary as needed without notification. (0823)*