

Leading the Field

Athletes come in all shapes and sizes, but they are driven by the same core passions and values: a love and need for challenging themselves physically and mentally; a strong commitment to achieving and maintaining health; and a sense of fascination and awe when it comes to the power of the human body. The same characteristics that make for success in sports make for a successful career in exercise sport science. Professionals in exercise science play diverse and pivotal roles in the field of sports medicine and performance.

Traditional exercise and sport science focuses on preventing, diagnosing, treating and managing chronic conditions and injury related to athletic activity. LIFE takes it to the next level.

Our program's focus on injury and chronic condition care rivals or outstrips similar degree programs all over the country, but when it comes to helping individuals achieve optimal athletic performance, LIFE is miles ahead of the competition.

Students in LIFE's Exercise Science program receive the highest-quality education and technical instruction in the disciplines of anatomy, biology, biochemistry, physiology and kinesiology, and apply this knowledge to a range of populations from elite athletes to children, the elderly and individuals coping with injury and/or chronic conditions. They also learn to work with the body as an innately intelligent organism, and to respect and support its inborn ability to exceed limitations and push itself beyond the bounds of what we know of human performance. This is why LIFE's exercise science students are so successful, and why elite athletes come from all over the world to train with our team of industry-leading educators at the Life University Sport Science Institute (LUSSI).



Winning Careers

The field of exercise science is experiencing rapid growth as more and more people become active, and more and more sports and exercise companies, teams and professionals seek out ways to minimize injury and improve performance. Career opportunities for exercise science professionals are expected to increase much faster than the average for all occupations through 2014, according to the U.S. Bureau of Labor Statistics.

The American College of Sports Medicine (ACSM) is leading a national initiative advocating exercise as an integral aspect of health, and working to further increase the number of physicians who prescribe exercise to their patients. Aside from potentially diminishing the role drugs, surgery and other invasive treatments play in Healthcare (which echoes LIFE's core vitalistic philosophy) these activities are leading to even greater collaboration between physicians, other primary care partners and exercise professionals in helping patients to improve their health and performance through physical activity.

Also contributing to the rise in demand for exercise science professionals is the baby boomer population (nearly one-quarter of all Americans) and their desire to stay healthy and independent as they age, as well as the decline of physical education programs in schools coupled with parents' growing concerns over childhood obesity.

For those interested in pursuing a career in exercise science, now is the perfect time to get in the game.

Expert Mentoring, Hands-on Experience

LIFE students learn from professors who have spent decades in the field with world-class athletes, or as clinical exercise physiologists in hospital-based cardiopulmonary rehabilitation programs. Top athletes and trainers from around the world come to LIFE to seek the care of our faculty, and to train under their hands.

Our exercise science majors are immersed in a living laboratory from day one, in the Life University Sport Science Institute (LSSI). Here, they work directly with athletes, under faculty supervision, to provide services ranging from pre-event conditioning to injury management and rehabilitation.

Students also have the opportunity to care for patients within the functional rehabilitation facilities in our 30,000-square-foot, state-of-the-art public clinic, the Center for Health and Optimum Performance (C-HOP) – which sees 60,000 patient visits each year. In this setting, exercise science students work closely with community members, much as they would in a professional role, to help clients achieve greater levels of daily function and athletic performance.

Toward the end of their study, students can also select from a variety of internship or practicum experiences in order to gain even more hands-on education in the cardiac rehabilitation and adult fitness programs offered by hospitals, corporations or community organizations.

For those undergraduate students who choose to go on to graduate study in the field, LIFE houses its very own, highly respected Master's degree program in Sport Health Science.



Expert Mentoring, Hands-on Experience

Because some employers may require certification after graduation to document the extent of a candidate's exercise science knowledge, skills and abilities, Life University E.S. graduates are fully qualified to pursue testing and certification with the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA) and National Academy of Sports Medicine (NASM).

Student Scholarships

Outstanding students applying to any major in LIFE's College of Undergraduate Studies are eligible to apply for institutional scholarships for their superior performance and promise. Georgia resident students earning a Georgia HOPE Scholarship and/or Tuition Equalization Grant for attending private schools can also apply those toward further reducing their tuition costs. Contact the Enrollment Office at (800) 543-3202 or Admissions@LIFE.edu to learn more.



Life University is a proud partner of the Yellow Ribbon Program for military veterans. For information about this program and to see if you qualify, please visit: Gibill.va.gov/benefits/post_911_gibill



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MAKE YOUR MARK



Bachelor of Science in Exercise Science

Life University's B.S. in Exercise Science prepares graduates for rewarding careers in cardiac and pulmonary rehabilitation, sport injury management, health promotion, corporate fitness and community-based fitness and wellness programs. Those planning to go on to careers in exercise physiology, clinical exercise physiology, kinesiology, biomechanics, athletic training, physical and occupational therapy, nutrition, Chiropractic, medicine or research, will find LIFE's Bachelor of Exercise Science degree well equips them for the challenges of graduate study, and sets them apart from the competition.

E.S. majors at LIFE gain an outstanding foundation in human anatomy and physiology, as well as specialized study and applications in exercise physiology; exercise testing and prescription kinesiology; sport and exercise nutrition; exercise bio-chemistry; exercise electrocardiogram (ECG) and stress testing; scientific principles of strength training and conditioning; and biomechanics. Research and internship opportunities outside the classroom allow students to build knowledge and skills in those areas that most interest them.



"I chose to get my E.S. degree from LIFE because I don't just want to help athletes heal faster; I want to help them heal better, play better, and be better."

