

# Franklin University Exercise Science



Franklin University Exercise Science offers a comprehensive educational pathway for individuals interested in the dynamic field of health and fitness. As more people recognize the importance of a healthy lifestyle, the demand for professionals skilled in exercise science has surged. Franklin University, located in Columbus, Ohio, provides students with the knowledge and skills necessary to excel in this growing industry. This article explores the various aspects of exercise science at Franklin University, including program offerings, career opportunities, faculty expertise, and the importance of a holistic approach to health and fitness.

## Program Offerings

Franklin University's exercise science program is designed to prepare students for a variety of careers in health, fitness, and wellness. The curriculum is grounded in scientific principles and practical applications, ensuring that graduates are ready to meet the challenges of the industry.

## Undergraduate Programs

1. Bachelor of Science in Exercise Science: This program focuses on the scientific foundations of exercise, fitness assessment, and program design. The coursework includes subjects like:

- Anatomy and Physiology
- Kinesiology
- Exercise Physiology
- Nutrition

- Exercise Testing and Prescription

2. Minor in Exercise Science: For students pursuing majors outside of health and fitness, Franklin University offers a minor in exercise science. This program gives students a foundational understanding of exercise principles and complements various fields, such as education, business, and health care.

## **Graduate Programs**

1. Master of Science in Exercise Science: This advanced degree prepares students for leadership roles in the field. The curriculum covers advanced topics such as:

- Advanced Exercise Physiology
- Sports Psychology
- Research Methods in Exercise Science
- Health Promotion Strategies

2. Certificate Programs: For professionals looking to enhance their skills, Franklin University offers several certificate programs in specialized areas such as:

- Strength and Conditioning
- Health Coaching
- Exercise Science Research

## **Faculty Expertise**

The faculty at Franklin University brings a wealth of experience and knowledge to the exercise science program. Comprised of professionals who are actively engaged in research and practice, the faculty members are dedicated to providing students with a high-quality education.

## **Research and Publications**

Faculty members are involved in various research projects that contribute to the field of exercise science. Many have published articles in peer-reviewed journals, focusing on topics such as:

- The effects of physical activity on mental health
- Innovations in fitness assessment methods
- The role of nutrition in athletic performance

## **Industry Connections**

The faculty's connections within the fitness and health industries provide students with valuable networking opportunities. Guest lectures, internships, and collaborative projects are common, allowing students to gain practical experience while building professional

relationships.

## **Career Opportunities**

Graduates of the exercise science program at Franklin University can pursue various career paths in the health and fitness sector. The skills acquired during their studies prepare them for roles that require expertise in exercise science, health promotion, and rehabilitation.

## **Potential Career Paths**

1. Fitness Trainer/Instructor: Design and implement fitness programs for individuals or groups.
2. Exercise Physiologist: Conduct fitness assessments and develop exercise prescriptions for clients with chronic diseases or health concerns.
3. Health Coach: Work with clients to promote healthy lifestyle changes and enhance overall wellness.
4. Rehabilitation Specialist: Assist individuals recovering from injuries or surgeries by creating tailored exercise programs.
5. Sports Performance Coach: Train athletes to improve their performance through sport-specific conditioning and nutrition strategies.

## **Job Market Outlook**

The job market for exercise science professionals is robust and growing. According to the U.S. Bureau of Labor Statistics, employment in fitness and wellness occupations is projected to grow significantly in the coming years. Factors contributing to this growth include:

- An increasing awareness of the benefits of physical activity
- Rising healthcare costs prompting preventive health measures
- A growing emphasis on corporate wellness programs

## **Holistic Approach to Health and Fitness**

One of the defining aspects of the exercise science program at Franklin University is its emphasis on a holistic approach to health and fitness. This perspective recognizes that physical fitness is just one component of overall well-being.

## **Integrating Mental and Emotional Health**

Franklin University incorporates elements of mental and emotional health into its exercise science curriculum. Understanding the psychological aspects of exercise can enhance motivation, adherence to fitness programs, and overall wellness. Topics covered include:

- Stress management techniques
- The psychological benefits of physical activity
- Strategies for overcoming barriers to exercise

## **Nutrition and Wellness**

Nutrition plays a crucial role in physical fitness and overall health. The program emphasizes the importance of proper nutrition in achieving fitness goals and managing health conditions. Students learn about:

- Macronutrients and micronutrients
- Nutritional strategies for athletes
- The role of hydration in performance

## **Conclusion**

In summary, Franklin University Exercise Science provides an exceptional educational environment for individuals passionate about health, fitness, and well-being. With a comprehensive curriculum, experienced faculty, and a focus on practical applications, students are well-prepared for successful careers in the industry. The growing demand for exercise science professionals underscores the importance of this field, making Franklin University a valuable choice for those looking to make a significant impact on individual and community health. By adopting a holistic approach that integrates physical, mental, and nutritional wellness, graduates are equipped to promote healthier lifestyles and contribute positively to society.

## **Frequently Asked Questions**

### **What programs does Franklin University offer in exercise science?**

Franklin University offers a Bachelor of Science in Exercise Science, along with various certificate programs and continuing education options focused on fitness, health, and wellness.

### **What career opportunities are available for graduates of the exercise science program at Franklin University?**

Graduates can pursue careers as fitness trainers, exercise physiologists, wellness coaches, and sports performance specialists, as well as roles in rehabilitation and health promotion.

### **Is Franklin University's exercise science program**

## accredited?

Yes, Franklin University's exercise science program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP), ensuring it meets high educational standards.

## What are the key subjects covered in the exercise science curriculum at Franklin University?

The curriculum includes subjects such as anatomy and physiology, kinesiology, exercise physiology, nutrition, and wellness programming, along with practical hands-on experience.

## Can I complete the exercise science degree at Franklin University online?

Yes, Franklin University offers the exercise science degree fully online, providing flexibility for students to balance their studies with work and personal commitments.

## What kind of hands-on experience does the exercise science program at Franklin University provide?

Students participate in internships and practical labs, allowing them to apply theoretical knowledge in real-world settings, working with clients in fitness and health environments.

## How does Franklin University support students in finding jobs after graduation from the exercise science program?

Franklin University offers career services, including resume workshops, interview preparation, networking opportunities, and connections to potential employers in the field of exercise science.

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