

# Health and Exercise Physiology

Spring 2020



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# Health and Exercise Physiology

## ➤ ALLIED HEALTH SCIENCE PREP FOR GRADUATE STUDIES IN:

Physical Therapy

Gerontology

Occupational Therapy

Nursing

Physician Assistant

Sports Medicine

Public Health

Exercise Physiology

## ➤ PDE TEACHING CERTIFICATION

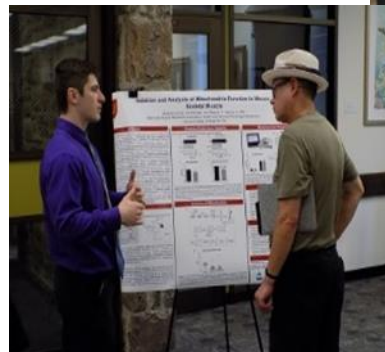
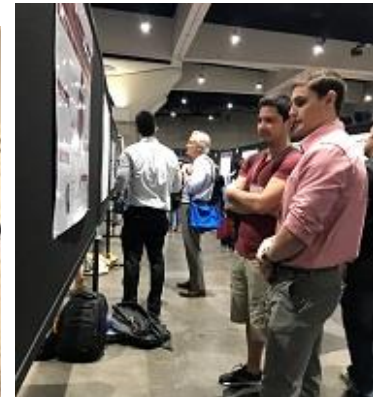
K-12 Health and Physical Education



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# Health and Exercise Physiology

Students engage in project-based, hands-on classes, field experiences and research with an emphasis on an in-depth understanding of the human body. Students have the opportunity to work closely with senior faculty, laboratory directors and certified athletic trainers.



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# Facilities and Resources

The Health and Exercise Physiology (HEP) Department is located in the Floy Lewis Bakes Center. We have access to a variety of resources, including:

- The HAMM Laboratory
- The Health and Exercise Physiology Lab
- The Patient Safety in Medicine Work-Group
- The SkM Laboratory
- The Sports Medicine Clinic



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# Independent Learning and Research Opportunities

- Independent Learning

Students take responsibility for their education and develop initiative and independence.

- Research Opportunities

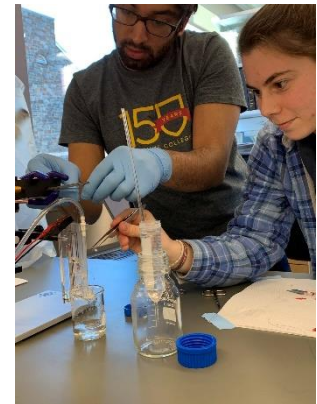
Opportunities for original research

- Summer Fellows

Time to devote exclusively to research

- Travel Abroad

Opportunity to gain an international perspective on their academic major



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# Internships and Student Teaching

- Internships

Completed in a variety of settings that encompass student internships near the campus, or in the summer, in or near the student's home.



- Student Teaching

Students experience teaching in local school districts in both elementary and secondary settings.



# Research Opportunities

- The SkM Lab

Dr. April Carpenter, Director



Skeletal muscle injury is extremely common and few therapies exist to improve or speed repair. The Skeletal Muscle Injury and Repair (SkM) Laboratory studies cell regulation and regeneration in mice.



- The HaMM Lab

Dr. Stephen C. Kolwicz Jr., Director



The Heart and Muscle Metabolism (HaMM) Laboratory provides opportunities for students to pursue research on metabolic adaptations that occur in both cardiac and skeletal muscle.



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# Research Opportunities

- Patient Safety in Medicine Work-Group

Dr. Catherine van de Ruit, Project Director

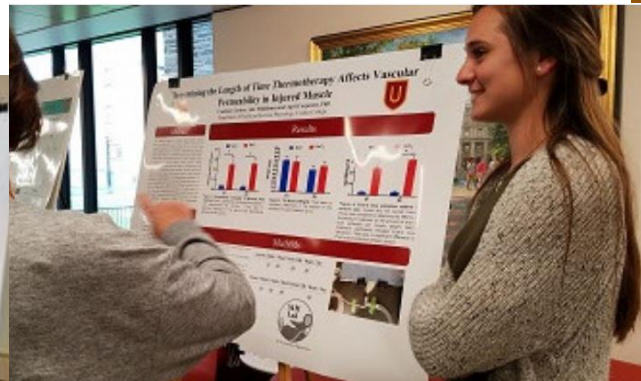
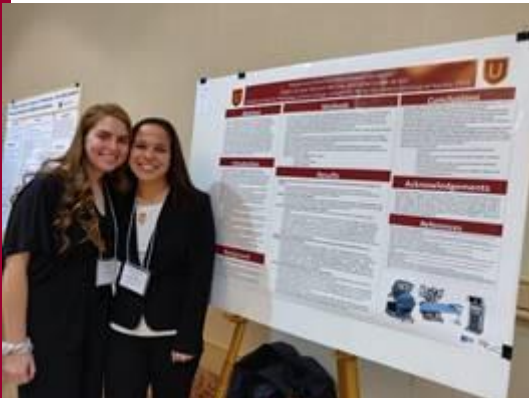
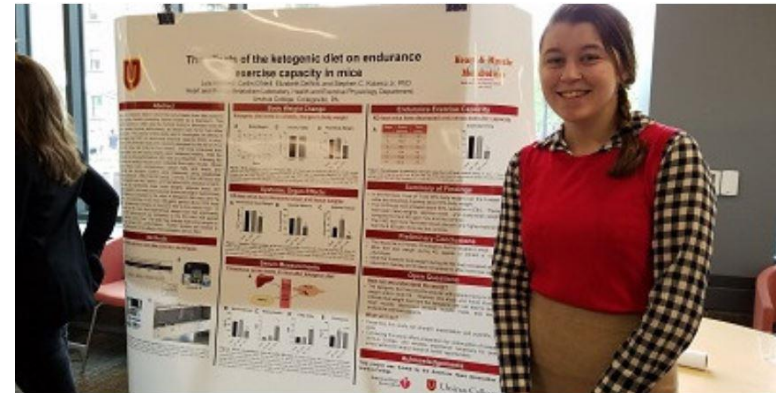


The Patient Safety in Medicine Work-Group focus is on community health in Southern Africa and clinical settings, including surgical and emergency medicine, in the United States and South Africa.



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# HEP Celebration of Student Achievement (CoSA)



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# Phi Epsilon Kappa

Recognizing students that are committed to scholarship, leadership, and service. The Health and Exercise Physiology chapter is actively involved in events and service projects throughout the academic year.



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# Graduate Outcomes

Graduates who seek to continue their education have been accepted into a variety of graduate allied health programs.

Those that have entered the workforce have obtained competitive positions in job sectors that include allied health, business, wellness training, physical education and corporate management.

## **GRADUATE ACCEPTANCES**

Augusta University, Biomedical Sciences

Duke University, Doctor of Physical Therapy

De Sales University, Accelerated BSN

Gwynedd Mercy University, Occupational Therapy

Drexel University, Doctor of Physical Therapy

Seton Hall, Physician Assistant Program

Thomas Jefferson University, Physician Assistant Program

Temple University, Doctor of Physical Therapy

Washington University, Doctor of Physical Therapy

West Chester University, Athletic Training



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# QUESTIONS?

Want to know more

<https://www.ursinus.edu/academics/health-and-exercise-physiology/>



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