

WHY HES?

Class size. The class size in major courses is typically 20 students or less. Small classes allow students to truly get to know one another. All classes are taught by full-time faculty members with diverse advanced degrees from a variety of renowned institutions.

Faculty. HES faculty members are committed to student learning and success. Students and faculty members form close relationships which extend beyond the classroom. Faculty serve as mentors and academic advisors throughout the undergraduate experience, and are more than willing to do whatever they can to help you in any situation.

Cadaver anatomy. Through a cooperative arrangement with A.T. Still University, our students study anatomy at the medical school's cadaver laboratory. This is a unique feature of our program which most undergraduate students at other universities never experience.

Research. Students are encouraged to work with faculty on cutting-edge research projects. In the last three years, more than 150 student research projects have been presented at local, state, regional, and national professional conferences. Many students' projects have even been published in national professional journals.



What Our Graduates Say About HES

"I am so fond of all of my TSU memories and can brag about them at a moment's notice. I would not change them for anything!" M. Kahn (2000)

"You know - thinking about the faculty when I was at Truman - always makes me grateful that I was a part of that department at Truman. You guys really were awesome and treated your students so well." L Benson (2001)

"... I'm trying to decide which job offer to accept. I couldn't have done it without your help (or Truman's). Almost made grad school seem easy!" J. Adams (2002)

"...We also had a project where we had to find journal articles on a motor learning topic. Most of the class really struggled with this assignment, but because of all the research I had to find while at Truman, it was easy for me. I had to help most of the other students in the class. Anyway, I just thought I would let you know that Truman really helped prepare me." M. Nelson (2003)



For more information, contact us at:

Health & Exercise Sciences Program

Truman State University

212 Pershing Building

Kirksville, Missouri 63501

Phone: (660) 785-4456

<http://hes.truman.edu>

<http://www.truman.edu>

HEALTH & EXERCISE SCIENCES



PROGRAM INFORMATION

Our dynamic curriculum is designed to meet the current and future needs of our students. Based on a strong liberal arts and sciences core, the Bachelor of Science degrees in Health Science and Exercise Science (HES) are two of the most progressive programs in the nation. Based on the traditional sciences, our program is the application of biology, chemistry, physics, and psychology in understanding human movement health behaviors.



CONCENTRATIONS



One of the most attractive features of the HES curriculum is the specialty concentrations. This is a 19-35 hour sequence of advanced courses in a particular interest area.

These specialized courses provide the student with the in-depth knowledge and skills essential to professional and graduate school success. Many of our graduates report these courses enabled them to assume leadership roles in professional school, graduate studies, or their first job.

If one of the following patterns is not a perfect fit with your career goals, an individualized pattern can be created with help from your academic advisor. This individualized pattern will serve to develop special support areas within your desired career path not specifically included in the major.

Exercise Science Patterns

Athletic Training
Biomechanics
Exercise Physiology
PE/Health/Coaching (Pre-MAE)
Pre-Medical Sciences
Pre-Physical Therapy
Pre-Physician's Assistant
Psycho-Social Aspects of Sport
Sport & Recreation Mgmt.

Health Science Patterns

Community Health
Health Administration
Pre-Medical Sciences
Pre-Physician's Assistant
Pre-Occupational Therapy
Public Health/Epidemiology
Worksite Health

WHAT'S COOL ABOUT HES?

Field Experience. All HES students participate in a 200-hour summer internship in the area of interest to apply and deepen classroom knowledge and skills. Students use this opportunity to network and explore career options.

Professional Organizations. Three vibrant organizations exist within HES which provide excellent opportunities for research, service, and education: Eta Sigma Gamma National Education Honorary Organization, Phi Epsilon Kappa National Professional Organization, and the Student Public Health Association.

Civic Engagement. Students work with the Truman and Kirksville communities to apply course materials in real-world settings while providing meaningful services such as health education or physical activity enhancement.



FACILITIES/LAB RESOURCES

HES students have convenient access to the equipment necessary for lab activities and research pursuits in the following places:

- **Human Performance Lab** contains equipment for evaluating the physiological basis of movement and for conducting data analysis activities
- **Motor Learning/Biomechanics Lab** contains equipment for evaluating the neurological and mechanical basis of movement
- **Human Anatomy Lab** is used by all HES students for the completions of the required cadaver lab component of BIOL 365 Human Gross Anatomy
- **Pershing and Kennels' athletic training rooms** are used for health care for the University's student-athletes as well as providing a laboratory for clinical practice and active learning