



# Exercise Science

How does the human body function? Why is exercise considered a “miracle medicine”? How do exercise and diet help prevent disease? How does basic research using animal models increase our understanding of human physiology? How can individuals move more efficiently to accomplish daily tasks and activities, excel in sports, avoid injury, and sustain a healthy lifestyle?

Puget Sound’s exercise science department offers students a scientific approach to developing critical thinking related to health, wellness, and realizing the human potential. Through a curriculum that introduces the scientific process and clear articulation of ideas, students investigate the importance of physical activity and nutrition to the quantity and quality of human life. Using human and animal models, students explore muscle plasticity, exercise, and diet to understand mechanisms involved in human health.

## BEYOND THE CLASSROOM

The student-led Exercise Science Club organizes relevant activities on and off campus. Students also may participate in nationwide associations and programs such as the American College of Sports Medicine (ACSM), the American Society of Biomechanics, Summer Research Program in Science and Mathematics, and Phi Sigma Honor Society; as well as international study.

## AFTER PUGET SOUND

Many graduates go on to earn advanced degrees in nursing, occupational and physical therapy, and medicine. Alumni hold positions in a variety of careers in healthcare, sports and fitness, community and social services, education, research, and business; and have been hired as counselors, therapists, coaches/ trainers, chiropractors, EMTs, and professors.

For more information on courses and major requirements, visit [pugetsound.edu/exsci](http://pugetsound.edu/exsci) or contact [exercisescience@pugetsound.edu](mailto:exercisescience@pugetsound.edu).



## SPOTLIGHT ON EXPERIENTIAL LEARNING

### Teaching and Research Labs

Four labs, housed in the inspiring Weyerhaeuser Center for Health Sciences and Harned Hall Science Center, provide opportunities for students to collaborate on projects and solve problems about human health. The exercise physiology, human anatomy, wet research, and biomechanics labs are state-of-the-art facilities accessible to students throughout their enrollment in the program.



DEPARTMENT OF EXERCISE SCIENCE  
1500 N. Warner St. #1047  
Tacoma, WA 98416-1047  
253.879.2894  
[pugetsound.edu/exsci](http://pugetsound.edu/exsci)