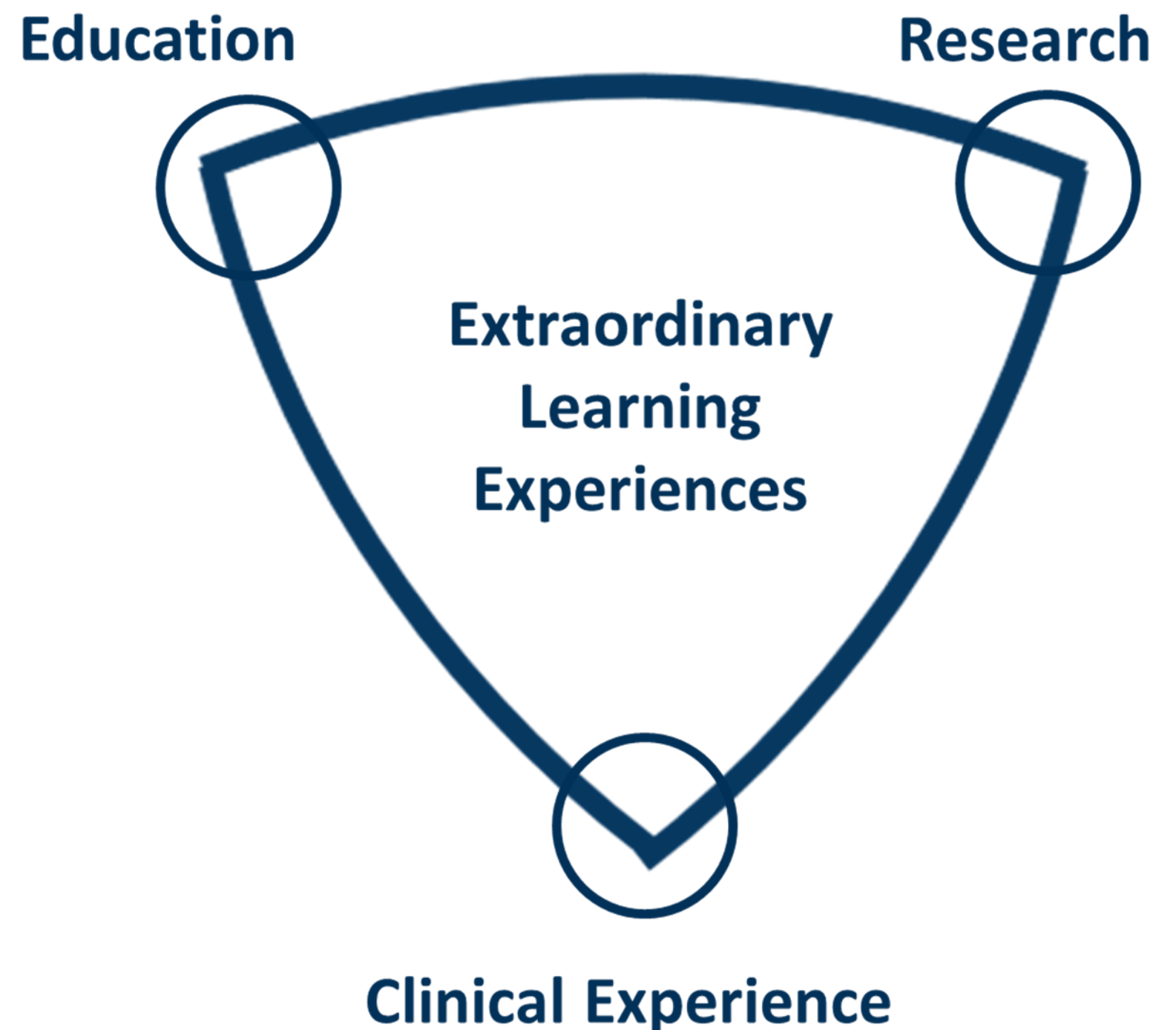


Department of Exercise Science and Athletic Training (ESAT)



Theory, Practice, Performance: *The ESAT Way*

- **Theory = Education**
 - Lecture and Lab
 - Small class sizes
 - Hands-on Learning
- **Practice = Research**
 - Labs, Research Teams, Mentored Research
 - Asking questions, Solving Problems
- **Performance = Clinical Experience**
 - Clinics
 - Internships
 - Fieldwork



Prepare Yourself for a Career in Human Performance and Wellness

Why Choose Exercise Science?

Prepares you whether you plan to go directly to work or graduate school upon graduation. Provides you with a **strong foundation and understanding** of the biomechanical, neuromuscular, physiological, and psychological responses and adaptations to exercise. **Our flexible, broad-based program** emphasizes current research as well as its practical **application through experiential learning** in our state-of-the-art clinics/labs and internships. Choose from **one of three concentrations** (Medical Sciences, Sport Sciences, or Strength and Conditioning for Performance and Wellness).



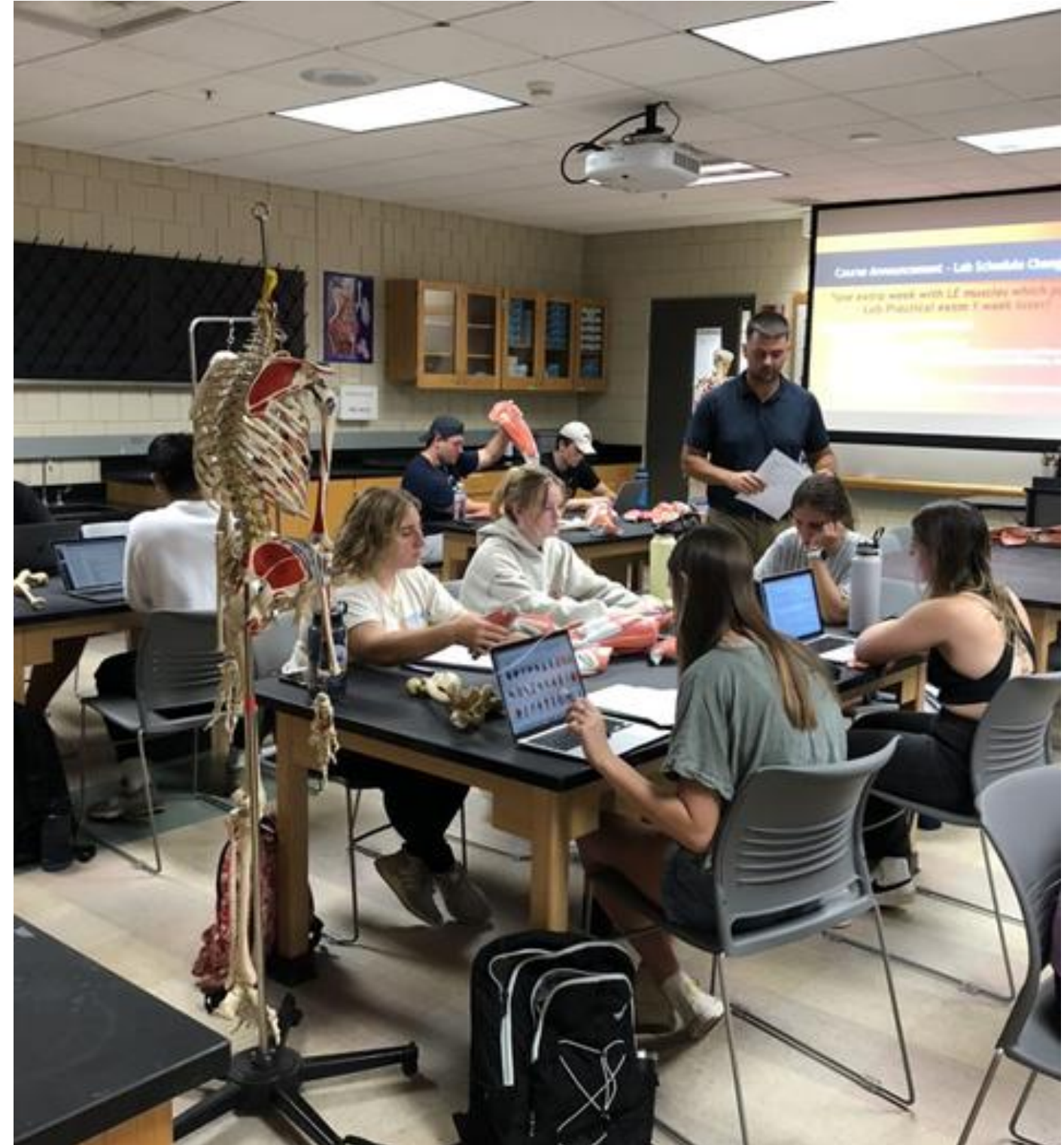
Pathways for Exercise Science Majors

- Medical Sciences
- Sport Sciences
- Strength and Conditioning for Performance and Wellness



Medical Sciences

- For those interested in pursuing **post-graduate professional programs** (MD, PA, DPT, DC)
- Outstanding Foundation in Human Performance and Wellness
- **Hands-on** Skills and Training
- **Research Opportunities**
- Great preparation for any Helping Profession



Sport Sciences

- **Individualized** Education Plan
 - **Meet specific/individual needs, career goals**
 - Foundation in Human Performance and Wellness
 - For those that don't quite know exactly what they want to do or want to try a variety of things
 - Students will be ready for either careers or graduate education in biomechanics, ergonomics, exercise physiology, prosthetics, and sport psychology.



Strength and Conditioning for Performance and Wellness

- **Accredited program by CASCE**
 - Only 1 of 4 programs in NY and 1 of only 31 UG Programs in US
- Exciting hands-on program focused on the skills for enhancing Performance and Wellness **across the lifespan**
- Unique Training and Experience
 - Opportunities to intern with IC Athletics, Cornell, D-I programs across the country
 - Wellness Clinic
 - GXT, ECG hands-on skills
- **Become Certified as a Strength and Conditioning Specialist (CSCS)**
- **NEW Performance and Wellness Lab**



Prepare Yourself for a Career in Human Performance and Wellness

Why Choose Athletic Training?

Learn how to **prevent, manage, and rehabilitate injury and illness** in athletic and physically active populations in our nationally recognized athletic training **program accredited by the Commission on Accreditation of Athletic Training Education (CAATE)**. Our curriculum incorporates academic coursework with clinical experiences to prepare you to take the national Board of Certification Exam (BOC), which **certifies an athletic trainer (ATC)**.



Athletic Training

- **5 Year Dual Degree Program** culminating in a Masters in Athletic Training
 - BS-Exercise Science, Pre-AT & MS-AT
- **What makes our program unique?**
 - Our Faculty (In the classroom and on the field)
 - Our Student Opportunities:
 - **Hands-on, not just observation**
 - Work with Elite DIII athletes, Cornell, Local high schools, Medical and PT practices in community
 - **Clinical Immersions** (Internships)
 - Over 20 sites, including Professional, D-I, and Medical settings
 - Our State-of-the-Art Clinics, Equipment, Facilities
 - Our Student Success
 - **BOC Exam- 3-year pass rate is 96%, National Avg=69% (2023-2024)**
 - Excellent Career Placement



Patient/Client Experiences (Clinics and Labs)

- **Real life situations/scenarios both on and off campus**
 - Athletic Training Clinics (3)
 - Strength and Conditioning (3)
 - Wellness, A&E, Hill Center
 - Performance and Wellness Lab (NEW)
 - Wellness Clinic
 - Faculty and Staff Clientele
- **Healthcare Simulation Lab**
- **Movement Analysis Lab**
- **Anatomage Lab**



Unique Opportunities and Experiences

- Real Life Training
- Alumni Connections
- Internships/Clinical Immersions
- Research Team/Whalen Symposium
- Present at Professional Conferences



What are our graduates doing? (What aren't they doing...)

Athletic Trainer
Business Owner
Cardiac Rehabilitation Specialist
Cardiology Technician
Certified Orthotist
Chiropractor
Coach/Educator
Exercise Physiologist
Nurse Practitioner
Orthopedic Surgeon
Physical Therapist
Physician
Physician Assistant
Strength & Conditioning Coach
University Professor
Wellness Coordinator



Where do our students/alumni work?



How to contact us or get more information about our programs and the *ESAT Edge*?

- QR Code to access Website built just for you!
- Check out the ESAT [website](#)
- [ESAT Video Playlist](#)
- [IC YouTube Channel](#)
- Email Department Chair (Chris Hummel):
 - chummel@ithaca.edu

