



SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE

Exercise Science, Medical Sciences, BS

Committed to Excellence in Human Performance and Wellness

Our Medical Sciences concentration provides a strong foundation in biology, chemistry, physics, and the physiological responses to exercise. Learn how the body functions and adapts to exercise while gaining hands-on experience in our labs and clinics. Whether you're aiming for medical, dental, therapy, nursing, or physician assistant programs, this pathway equips you with the science and skills to succeed.

PROFESSIONAL PREPARATION

Build a robust science background that meets prerequisites for careers in medicine, physician assistant, chiropractic, physical therapy, occupational therapy and more.

HUMAN BODY EXPERTISE

Understand the body's systems and how they respond to physical activity and stress. Explore the biomechanical, neuromuscular, and psychological principles of human performance and wellness.

HANDS-ON EXPERIENCE

Gain practical skills in our state-of-the-art clinics and labs, clinical experiences, and mentored collaborative research.



For more information:
HSHPdean@ithaca.edu
or visit
ithaca.edu/ESAT



ITHACA COLLEGE

School of Health Sciences and Human Performance

Exercise Science, Medical Sciences Concentration

Cumulative total for Degree = 120 credits

First Year Fall Courses

EXSS 12000 Anatomy & Physiology I (4)
EXSS 12500 Foundations of Human Perf/Well (2)
IC CORE Ithaca Seminar (ICSM)(4)
WRIT 10600 Academic Writing (AW)(4)

First Year Spring Courses

EXSS 12100 Anatomy & Physiology II (4)
MATH xxxxx/IC CORE Statistics Elective (QL)(3-4)
Medical Science Seq Med Sci Elective (4)
IC CORE Themes and Perspectives (HM)(3)

Second Year Fall Courses

EXSS 20200 Sport and Exercise Psych (3)
HLTH 20200 Human Nutrition (3)
Medical Science Seq Med Sci Elective (4)
Medical Science Seq Med Sci Elective (4)

Second Year Spring Courses

EXSS 22000 Kinesiology (4)
EXSS 24600 Prevention & Care of Athletic Injury (3)
Medical Science Seq Med Sci Elective (4)
Medical Science Seq Med Sci Elective (4)

Third Year Fall Courses

EXSS 32100 Exercise Physiology (4)
EXSS 37500/IC CORE Research Methods (WI)(3)
Medical Science Seq Med Sci Elective (4)
IC CORE Themes and Perspectives (SO)(3)
Free Elective (3)

Third Year Spring Courses

EXSS 32000 Neuromuscular Control (3)
EXSS 30600 Biomechanics (4)
Medical Science Seq Med Sci Elective (4)
IC CORE Themes and Perspectives (CA)(3)
Psychology Elective (3)

Fourth Year Fall Courses

EXSS 47500 Research Team I (2)
Medical Science Seq Med Sci Elective (4)
IC CORE Diversity Elective (DV)(3)
MATH xxxx Math Elective (4)

Fourth Year Spring Courses

EXSS 47700/IC CORE (2)
Research Team II (CP)(4)
Medical Science Seq Med Sci Elective (4)
Free Electives (6)

Integrative Core Curriculum: Creative Arts (CA), Humanities (HM), Natural Sciences (SC), Social Sciences (SO), Ithaca Seminar (ICSM), Academic Writing (AW), Diversity (DV), Quantitative Literacy (QL), Writing Intensive (WI), Capstone (CP)