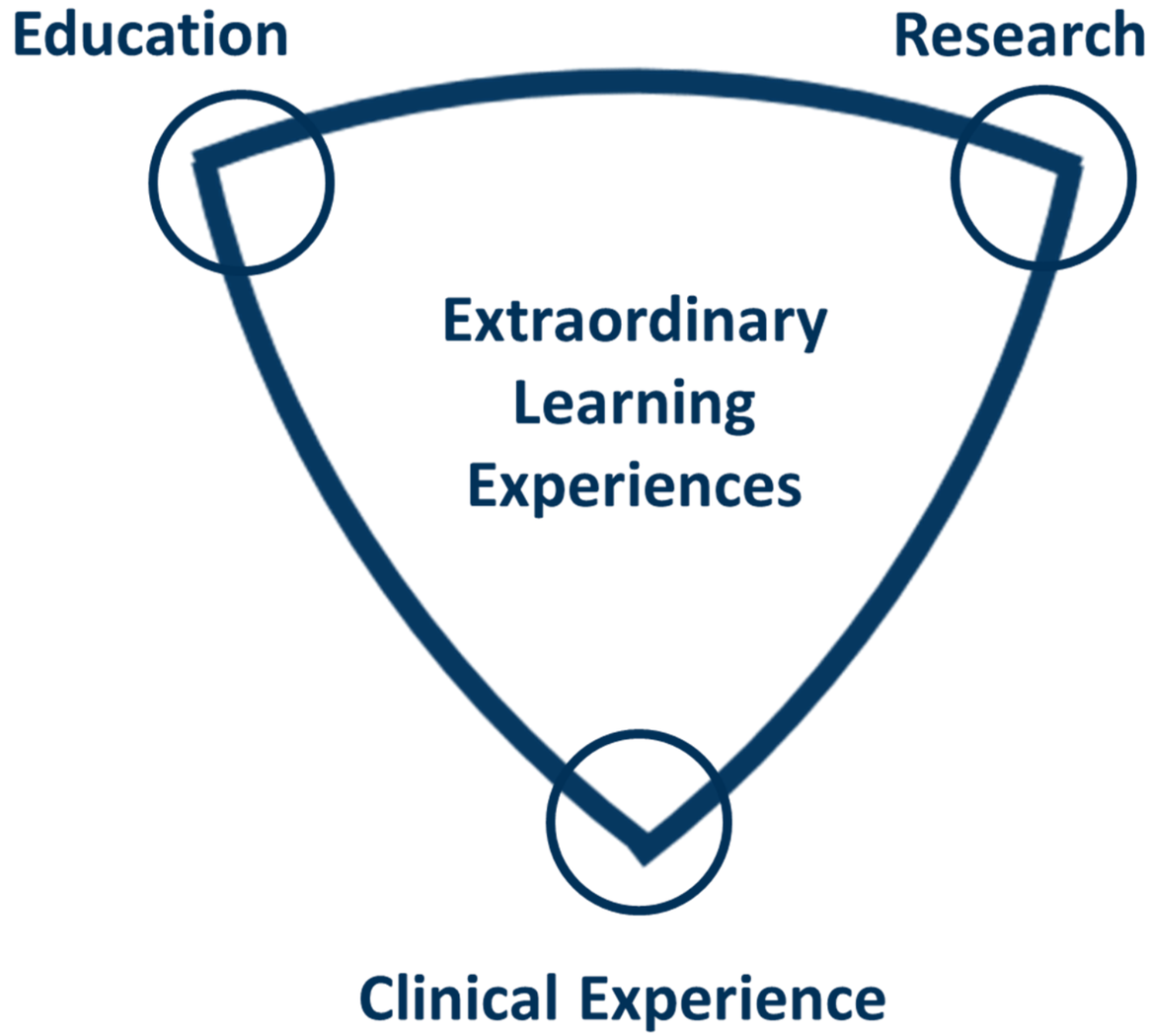
Department of Exercise Science and Athletic Training (ESAT)





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



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.







ITHACA COLLEGE

ithaca.edu

Pathways for Exercise Science Majors

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







How to Choose…

Medical Sciences

- **Hands-on** Prep for Post-Professional Programs
- **Research opportunities**
- Understand how the human body works

Sport Sciences

- **Meet Individual Goals**
- Explore options in ES
- **Develop Hands-on Skills**

S&C for Perf and Wellness

- **Accredited Program** (1 of 4 in NY, 49 nationally)
- Hands-on skills
- Work with real-life clients **across the lifespan**
- **Internships** across the country
- **CSCS Certification**

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).







ITHACA COLLEGE

ithaca.edu

Athletic Training

- **<u>5 Year Dual Degree Program</u>** culminating in a Masters in Athletic Training
  - BS-ES, Pre-AT & Masters-AT
- **What makes our program unique?**
  - Our Faculty (In the classroom and on the field)
  - Our Student Opportunities:
    - **<u>Hands-on, not just observation</u>**
    - Work with Elite DIII athletes, Cornell, Local high schools, Performing artists, medical clinics
    - **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=72% (2023-2024)**
    - Excellent Career Placement

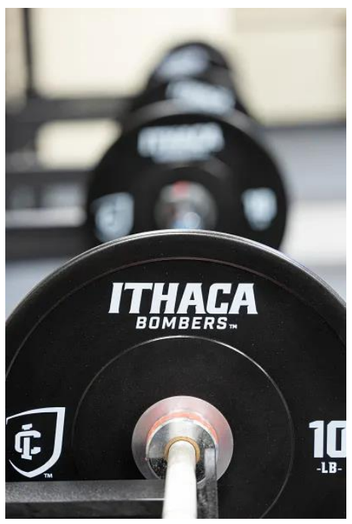


Patient/Client Experiences (Clinics and Labs)

- **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



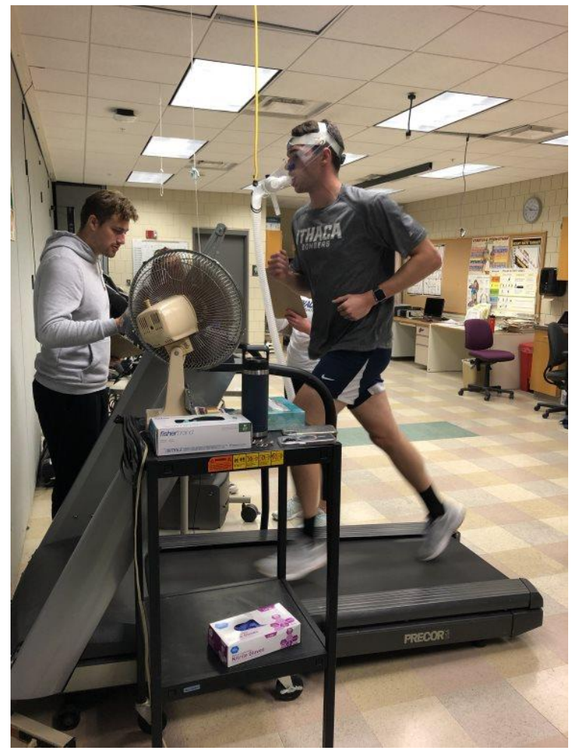
- **Healthcare Simulation Lab**
- **Movement Analysis Lab**
- **Anatomage Lab**





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







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Where do our students/alumni work?

























Why IC ESAT?



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

- Check out the ESAT website
- ESAT Video Playlist
- IC YouTube Channel
- Email Department Chair (Chris Hummel):
  - chummel@ithaca.edu



