

DEPARTMENT OF HEALTH AND EXERCISE SCIENCE

The Department of Health and Exercise Science offers programs that are designed to provide students with broad knowledge and skills within the ever-evolving fields of health and exercise. With the end in mind, the department strives to prepare students either for entrance into the workforce or for graduate health professions or medical education.

Truly interdisciplinary, the faculty members within the department have expertise across multiple aspects of health, including exercise science, fitness & wellness, dietetics, sports medicine, healthcare management, emergency preparedness, and injury prevention & rehabilitation. Faculty members collaborate with faculty across the School of Health Sciences, School of Medicine, School of Nursing, College of Arts & Sciences, School of Business, and School of Computing & Engineering to deliver an interprofessional educational experience.

and focused on the development of the entire person with the goal of encouraging the essential habits of lifetime fitness, leisure and wellness. Classes take place on both the Mount Carmel and York Hill campuses, as well as at off-campus locations. See FLW course descriptions (<http://catalog.qu.edu/courses-undergraduate/flw/>) for a detailed list of offerings.

Bachelor's Degree Programs

- Bachelor of Science in Exercise Science (<http://catalog.qu.edu/health-sciences/health-science/exercise-science-bs/>)
- Bachelor of Science in Health Science Studies (<http://catalog.qu.edu/health-sciences/health-science/health-science-studies-bs/>)
- Online Health Science Studies—BS Degree Completion (<http://catalog.qu.edu/health-sciences/health-science/online-health-science-studies-bs-completion-track/>)

Dual-Degree Programs

- Accelerated Dual-Degree BS in Health Science Studies/Master of Social Work (3+2) (<http://catalog.qu.edu/health-sciences/health-science/hss-msw/>)
- Dual-Degree BS in Health Science Studies/Master of Arts in Teaching (4+1) (<http://catalog.qu.edu/health-sciences/health-science/hss-mat/#curriculumtext>)

Double-Degree Program

- Double-Degree BS in Industrial Engineering and BS in Health Science Studies (<http://catalog.qu.edu/health-sciences/health-science/health-science-studies-bs/hss-ie-double-major/>)

Minors

- Minor in Health Equity (<http://catalog.qu.edu/health-sciences/health-science/health-equity-minor/>)
- Minor in Human Movement (<http://catalog.qu.edu/health-sciences/health-science/human-movement-minor/#text>)
- Minor in Nutrition (<http://catalog.qu.edu/health-sciences/health-science/nutrition-minor/>)
- Minor in Sports Medicine (<http://catalog.qu.edu/health-sciences/health-science/sports-medicine-minor/>)

Fitness, Leisure and Wellness

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Quinnipiac's School of Health Sciences offers courses that promote and encourage personal growth in the areas of fitness, leisure and wellness. In keeping with the school's mission, the courses are dedicated