

Exercise Science/ Pre-Physical Therapy

DIVISION OF
HEALTH SCIENCES
& OUTDOOR
STUDIES

PROGRAMS OF STUDY:

- B.S. in Exercise Science
- B.S. in Biochemistry
- B.S. in Biology
- B.S. in Neuroscience

EXTERNAL RELATIONSHIPS

- Blount Memorial Hospital
- Covenant Health
- Foothills Physical Therapy
- Results Physiotherapy
- University of Tennessee Student Health

GRADUATE SCHOOL PLACEMENTS

- Baylor University
- Columbia University
- East Tennessee State University
- Hanover College
- University of Alabama-Birmingham
- University of Tennessee-Chattanooga
- University of Tennessee-Knoxville
- Western Carolina University

ON-CAMPUS OPPORTUNITIES

Students who are interested in gaining valuable experience in sports medicine are encouraged to apply for the **student athletic trainer program** and work in the MC Training Room. Our students work with each varsity sport and help with student-athletes' rehabilitation and injury prevention. Graduates of our program have gone on to successful careers in athletic training, physical therapy and various other areas of health care.

Maryville College believes in the evidence linking fitness, sustainability, happiness and high academic performance – so much so that the College trademarked the term “**Fit. Green. Happy.**” to describe the on-campus initiative that provides strong connections between the Mountain Challenge outdoor adventure program, academic departments, courses and the College's location.



MARYVILLE
COLLEGE
IN THE GREAT SMOKY MOUNTAINS

Why study Exercise Science at Maryville College?

If you wish to pursue a health and/or fitness career and further your education at the graduate level, Maryville College's major in Exercise Science will provide you with a challenging curriculum that teaches you the immediate and long-term effects of physical activity on the body. Through internships and class activities, this major provides hands-on experience in the health/fitness industry that complements core academic preparation in the science of exercise and health. The American College of Sports Medicine, through its Exercise is Medicine on Campus® initiative, has ranked our program at the gold level.

Exercise Science provides a solid foundation to prepare you for a variety of careers, such as physical therapy, athletic training, occupational therapy and exercise physiology. Many careers require graduate study; however, several entry-level positions are available while you pursue further education.

MEET A CURRENT SCOT



Montina Jones

Hometown: Knoxville, Tennessee

Montina said of her first visit to MC: “It immediately felt like home.” Between the welcoming community, smaller classes, and the relationships she's built with professors, Montina believes she has grown both personally and academically. As the Vice-President of the Student Government Association, she helps lead initiatives that support and represent the student community.

Recently honored with the Outstanding Junior in Exercise Science award, Montina is passionate about her health and learning about the human body. “I find it rewarding to study how exercise, nutrition, and holistic methods all contribute to overall wellness while appreciating how exercise science emphasizes the importance of movement and prevention.” Her long-term goals include becoming a physician assistant while also serving as a community health advocate.

MEET A RECENT GRAD



Caelin Cole '25

Currently: Physician Assistant (PA) School at South College, Knoxville, Tennessee

Caelin started her MC journey as a Biology major but switched to Exercise Science before her junior year. “I found myself enjoying and gravitating towards the EXS classes and the professors in that program,” she said. Her career plan is to become a physician assistant.

Caelin credits her many experiences at MC for preparing her for PA school. In her Community-Engaged Scholar internship, she gained real-world medical experience working as a nurse technician providing quality patient care. She also credits her time on the women's soccer team for showing her how to work with others to accomplish shared goals. “All of these things together showed that I was a well-rounded and good candidate to get into PA school and eventually become a provider!”

FOR MORE INFORMATION:

visit maryvillecollege.edu/exercise-science or call 865.981.8092