

Exercise Science

Exercise Science is a pre-professional undergraduate degree to prepare for an advanced degree in the rapidly-growing health science fields.

Contact us

Barbara Walker, Department Chair
WalkerBarbaraJ@sau.edu
563-333-6234
St. Ambrose University
518 West Locust Street
Davenport, Iowa 52803
Visit the Kinesiology Department
Web site at web.sau.edu/hpess
For general information about
St. Ambrose or how to apply:
Admissions Office
563/333-6300 or 800/383-2627
email: admit@sau.edu
www.sau.edu

Degrees offered and required credit hours

St. Ambrose University offers a Bachelor of Science in Exercise Science.

The Exercise Science degree requires 38 credit hours of science foundation courses, and core classes in exercise science related courses.

Program highlights and courses

Students pursuing Exercise Science degrees take courses that provide them with a background in the scientific principles of human performance, with a special emphasis on the “natural sciences.” Students who qualify for the Track I plan can begin work on their doctorate of physical therapy by taking graduate level courses required for physical therapy in their fourth year of undergraduate studies in exercise science.

See our course catalog at www.sau.edu/catalog for a full description of required and elective courses.

What can you do with an Exercise Science degree?

The Exercise Science degree prepares students for graduate studies in areas such as exercise science, nutrition, physical therapy, and chiropractic, as well as physician assistant and medical school. Those Exercise Science majors who wish to pursue a career in human performance often double major in Exercise Science and Human Performance and Fitness.

Alumni

One hundred percent of graduates with degrees in Exercise Science have been accepted into graduate school for further education.

About the faculty

Darla Baumgarten MS, Assistant Professor

BaumgartenDarlaK@sau.edu

Ms. Baumgarten teaches courses in the Exercise Science and Human Performance and Fitness programs. She earned her MS in exercise physiology from Northern Michigan University and is a specialist in the clinical application of exercise physiology. Ms. Baumgarten began teaching at St. Ambrose in 2005.

Ragene Gwin EdD, Professor

GwinRageneD@sau.edu

Prof. Gwin teaches nutrition, health and physical education methods. She earned her EdD at the University of Northern Iowa. She has taught at St. Ambrose since 1990.

Matt Laurent PhD, Assistant Professor

LaurentMatt@sau.edu

Prof. Laurent teaches courses in the Exercise Science and Human Performance and Fitness programs. He earned his PhD in Exercise Science at the University of Alabama. He began teaching at St. Ambrose in 2009.

Heather Medema-Johnson PhD, Associate Professor

MedemaJohnsonHeatherC@sau.edu

Prof. Medema-Johnson coordinates and teaches courses in the Exercise Science and Human Performance and Fitness programs. She earned her PhD in Health and Sport Studies from the University of Iowa. She began teaching at St. Ambrose in 2004.

Barbara Walker PhD, Professor and Department Chair

WalkerBarbaraJ@sau.edu

Prof. Walker teaches physical education methods, aquatics and PE statistical techniques. She holds a doctorate in administration of physical education from the University of Iowa and has taught at St. Ambrose since 1973.