



# RUTGERS

School of Arts and Sciences  
DEPARTMENT OF KINESIOLOGY AND HEALTH

## Exercise Science- Lifestyle Medicine

### Why Lifestyle Medicine?

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones, such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, getting adequate sleep, and having a strong support system. Like the name implies, lifestyle medicine is used to address common, chronic diseases related to unhealthy behaviors.

### What jobs and graduate programs can I expect after graduation?

<p>M.S. or Ph.D. in:</p> <ul style="list-style-type: none"> <li>- Kinesiology</li> <li>-Exercise Physiology</li> <li>-Exercise Psychology</li> <li>-Exercise Science</li> <li>-Nutrition</li> <li>-Psychology</li> </ul> <p>Gap year before Graduate School</p>	<p>Research in:</p> <ul style="list-style-type: none"> <li>Psychology</li> <li>Psychophysiology</li> <li>Special Populations</li> <li>Cardiovascular Disease</li> <li>Metabolism</li> <li>Nutrition</li> </ul>	<p>Careers:</p> <ul style="list-style-type: none"> <li>- General Practitioner</li> <li>-Endocrinology</li> <li>-Gastroenterology</li> <li>-Pain Management</li> <li>-Wellness Coordinator</li> <li>-Health Coach</li> <li>-Dietician</li> </ul>
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### What can I be doing outside from the academic requirements to prepare for a Career in Lifestyle Medicine

- Join a club: Health Occupations Students of America, Health Professions United, Healthy Kids of New Brunswick, Kinesiology and Health Club, Minority Association of Pre-Health Students, Red Cross Club, Rutgers Physical Therapy Club, Rutgers Against Hunger, Women in Health Professions,
- Gain as much experience as possible through volunteering, internships, research
- Participate in the Honors Research Program
- Build relationships with professors, those in various health and wellness professions, and internship supervisors
- Prepare to take GRE in Junior year
- Consider graduate school options and be ready to apply senior year
- Consider a Gap Year
- Secure letters of recommendation before application
- Independent Study for a semester with an Exercise Science faculty



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## Exercise Science-Lifestyle Medicine

### What Electives Should I Take if I Want to go into Lifestyle Medicine?

The following courses are great to take to enhance your Exercise Science Curriculum:

01:377:252- Health and Wellness in Underserved Populations

01:377:334- Physical Activity and Health

01:377:336- Sleep, Health, and Performance

01:377:360- Cannabis: Counterculture to Cure All

01:377:362- Independent Study in Exercise Science

Contact Suggestions for Independent Study:

Dr. Labros Sidossis    Dr. Brandon Alderman

Dr. Andrea Spaeth    Dr. Jennifer Buckman

Dr. Javier Robles

01377:405- Metabolism, Lifestyle, and Chronic Disease

01:377:456- Nutrition for Sport and Exercise

01:377:475- Nutrition and Fitness

#### HELPFUL WEBSITES

Graduate Record Examination (GRE)- <https://www.ets.org/gre>

American Physical Therapy Association (APTA)- [www.apta.org](http://www.apta.org)

Explore Health Careers: [explorehealthcareers.org](http://explorehealthcareers.org)

Resources for Pre-PA Students: [pafocus.org](http://pafocus.org)

Resources for Pre-PT Students: [www.apta.org/ProspectiveStudents](http://www.apta.org/ProspectiveStudents)

MCAT Information: <https://students-residents.aamc.org/>

# Curriculum Requirements-Exercise Science (Declared Fall 2020 and later)

## Kinesiology and Health Exercise Science Major

REQUIREMENT	NUMBER	COURSE NAME	CREDITS
Kinesiology and Health	01:377:140	Foundations of Kinesiology and Health	1.5
	01:377:205	Principles of a Healthy Lifestyle	1.5
Biology	01:119:115	General Biology I	4
	01:119:116	General Biology II	4
	01:119:117	Biological Research Laboratory	2
Statistics	01:377:275	Basic Statistics for Exercise Science	3
Calculus	01:640:135	Calculus I	4
Chemistry	01:160:161	General Chemistry	4
	01:160:162	General Chemistry	4
	01:160:171	Introduction to Experimentation	1
Physics	01:750:193	Physics for the Sciences	4
	01:750:194	Physics for the Sciences	4
Psychology	01:830:101	General Psychology	3
	01:377:301 or 455	Psychology of Sport and Exercise or Exercise Psychology	3
Physiology	01:146:356	Systems Physiology	3
	01:377:370	Exercise Physiology	3
	01:377:371	Exercise Physiology Lab	1
Anatomy	01:377:223	Functional Human Anatomy Lecture	3
	01:377:224	Functional Human Anatomy Lab	1
Biomechanics	01:377:350	Biomechanics	3
	01:377:310	Motor Learning	3
Electives	At least 3 credits must be at the 300 or 400 level and can include mini-courses. A maximum of one approved course can be outside the major.		6
Testing and Prescription	01:377:410	Exercise Testing and Prescription	4
Professional Development	01:377:407	Administration of Exercise Science	1.5
Internship	01:377:493	Internship in Exercise Science	3
<b>Total Credits = 74.5</b>			

Department of Kinesiology and Health

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Visit us at: [kines.rutgers.edu](http://kines.rutgers.edu)

# Sample Course Plan of Study

## Exercise Science Major

(Declared Fall 2020 and later)

### Department of Kinesiology and Health

### Exercise Science Major

### Sample Plan of Study

#### First Year

Fall		
119:115	General Biology I	4
377:140	Foundations of Kinesiology and Health	1.5
377:205	Principles of a Healthy Lifestyle	1.5

Spring		
119:116	General Biology II	4
119:117	Biological Research Lab	2
830:101	General Psychology	3
640:135	Calculus	4

#### Second Year

Fall		
160:161	General Chemistry	4
160:171	Introduction to Experimentation	1
377:275	Basic Stats for Exercise Science	3

Spring		
160:162	General Chemistry	4
377:223 377:224	Functional Human Anatomy	4
377:301 or 377:455	Sport Psych or Exercise Psych	3

#### Third Year

Fall		
750:193	Physics for the Sciences	4
377:310	Motor Learning	3
377:___	Elective	3

Spring		
750:194	Physics for the Sciences	4
146:356	Systems Physiology	3
377:___	Elective (300 level or above)	3

#### Fourth Year

Fall		
377:407	Administration of Exercise Science	1.5
377:370 377:371	Exercise Physiology Exercise Phys. Lab	4
377:350	Biomechanics	3

Spring		
377:493	Internship in Exercise Science	3 or 6
377:410	Exercise Testing and Prescription	4

The above sample plan is for the Major only. Students must also satisfy their school requirements.