Exercise Science - Pediatrics

Why Pediatrics?
Pediatrics is primarily concerned with the physical, emotional, and social health of children from birth to young adulthood. Concerned with more than just the physical well-being, those working in pediatrics are involved with the prevention, early detection, and management of behavioral, developmental, and functional social problems that affect their patients. Pediatric healthcare careers are available at all professional levels and in nearly every physical, behavioral, and mental health discipline. Many of these careers allow you to work with children in multiple age ranges.

What jobs and graduate programs can I expect after graduation?
- DPT School
- Masters in Physical Therapy
- PA School
- Medical School
- Nursing
- Gap year or Masters in Science before going on to DPT School
- Pediatric Sports Medicine
- Pediatric Surgery
- Pediatric Physical Therapy
- Adolescent Medicine
- Sport Psychology
- Pediatric Occupational Therapist
- Inpatient Facility (Hospital)
- Outpatient Facility
- Private Practice
- Sports and Fitness Facilities
- Nursing Homes

What can I be doing outside from the academic requirements to prepare for a Career in Pediatrics?
- 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,
- Build relationships with professors, Physical Therapists, PAs, Nurses in pediatrics, and internship supervisors
- Gain as much experience as possible through volunteering, shadowing at inpatient and outpatient facilities
- Participate in the Honors Research Program
- Prepare to take GRE in Junior year
- Consider DPT School options and be ready to apply in Summer before senior year
- Consider a Gap Year, or a Masters in Physical Therapy
- Secure letters of recommendation before application
- Independent Study for a semester with an Exercise Science faculty
Exercise Science-Pediatrics

What Electives Should I Take if I Want to go into Pediatrics?

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

- 01:377:160- Introduction to Physical Therapy
- 01:377:161- Observation in Physical Therapy
- 01:377:246- Safety Education and Emergency Care
- 01:377:324- Movement Experiences for Individuals with Disabilities
- 01:377:340- Pediatric Development and Fitness
- 01:377:362- Independent Study in Exercise Science

Contact Suggestions for Independent Study:

Prof. Nicole Nagle
Prof. Lisa Rossman Murphy

01:377:417- Pediatric Health

Faculty Contacts in Field of Pediatrics:
Professor Lisa Rossman Murphy

Professional Associations to Join Related to Physical Therapy once in graduate school:

- Federation of Pediatric Organizations (FOPO)
- American Academy of Pediatrics (AAP)
- Academic Pediatric Association (APA)
- American Pediatric Society (APS)
- Society for Pediatric Research (SPR)
- Council of Pediatric Subspecialties (CoPS)

HELPFUL WEBSITES

Graduate Record Examination (GRE)- https://www.ets.org/gre
American Physical Therapy Association (APTA)- www.apta.org
Explore Health Careers: explorehealthcareers.org
Resources for Pre-PA Students: pafocus.org
Resources for Pre-PT Students: www.apta.org/ProspectiveStudents
MCAT Information: https://students-residents.aamc.org/
Careers in Pediatrics: https://www.aamc.org/cim/explore-options/specialty-profiles/pediatrics
## Curriculum Requirements - Exercise Science
(Declared Fall 2020 and later)

### Kinesiology and Health - Exercise Science Major

<table>
<thead>
<tr>
<th>REQUIREMENT</th>
<th>NUMBER</th>
<th>COURSE NAME</th>
<th>CREDITS</th>
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<tbody>
<tr>
<td>Kinesiology and Health</td>
<td>01:377:140</td>
<td>Foundations of Kinesiology and Health</td>
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<td>01:377:205</td>
<td>Principles of a Healthy Lifestyle</td>
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<td>Biology</td>
<td>01:119:115</td>
<td>General Biology I</td>
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<td>01:119:116</td>
<td>General Biology II</td>
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<td>01:119:117</td>
<td>Biological Research Laboratory</td>
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<td>Statistics</td>
<td>01:377:275</td>
<td>Basic Statistics for Exercise Science</td>
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<td>Calculus</td>
<td>01:640:135</td>
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<td>01:160:171</td>
<td>Introduction to Experimentation</td>
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<td>Physics</td>
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<td>Physics for the Sciences</td>
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<td>Psychology</td>
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<td>01:377:301</td>
<td>Psychology of Sport and Exercise or Exercise Psychology</td>
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<td>or 455</td>
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<td>Physiology</td>
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<td>Systems Physiology</td>
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<td>01:377:370</td>
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<td>01:377:371</td>
<td>Exercise Physiology Lab</td>
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<td>Anatomy</td>
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<td>Functional Human Anatomy Lecture</td>
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<td>01:377:224</td>
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<td>01:377:350</td>
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<td>01:377:310</td>
<td>Motor Learning</td>
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<td>Electives</td>
<td>At least 3 credits must be at the 300 or 400 level and can include minicourses. A maximum of one approved course can be outside the major.</td>
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<td>Professional Development</td>
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<td>Administration of Exercise Science</td>
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<td>Internship</td>
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<td>Internship in Exercise Science</td>
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**Total Credits = 74.5**

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Sample Course Plan of Study
Exercise Science Major
(Declared Fall 2020 and later)

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