

EXERCISE AND HEALTH SCIENCE



WHAT IS EXERCISE AND HEALTH SCIENCE?

The degree in Exercise and Health Science (EHS) provides students with a fundamental background in health, human performance and disease prevention. The EHS degree focuses on the science of human movement, sometimes referred to as kinesiology, and is appropriate for students interested in pursuing careers in exercise physiology, sport science, public health, strength and conditioning, wellness, and sports medicine. The degree is also appropriate as a pre-professional degree for students interested in allied health fields requiring master's or doctoral level preparation. A total of 120 credits is required, and students who may be continuing on to graduate school in a clinical or medical area should consider pre-requisites for graduate/medical school when choosing elective classes. The curriculum is science based, and also requires practical field and laboratory experiences. The EHS Department at Montana Tech provides hands-on experience with a well-equipped human performance laboratory, housed within a modern Health, Physical Education and Recreation (HPER) Complex that allows for experiential learning. The small class sizes allow for one-on-one interactions with faculty that facilitate learning and professional growth.

WHAT TYPES OF SKILLS DO YOU NEED?

- Interpersonal and communication
- Problem solving and critical thinking
- Insatiable curiosity
- Enthusiasm and willingness to learn
- Strong writing ability

WHAT CAN YOU DO WITH YOUR DEGREE?

- Our graduates have gone in to the following fields upon graduation:
- Commercial/Public health, safety, fitness and wellness
 - Physical therapy doctoral degree programs
 - Physician's assistant master's degree programs
 - Occupational Therapy master's degree programs
 - Performance Enhancement Coach

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[MTECH.EDU/BIOLOGY](https://mtech.edu/biology)

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The EHS degree at Montana Tech, with the small class sizes, well equipped facilities, experienced professors and rigorous curriculum gave me the preparation I needed to succeed in physical therapy school!

AIDAN AMTMANN, DPT (TECH 2018, UMPT 2021)

ADMISSIONS CHECKLIST

mtech.edu/apply

- APPLY FOR ADMISSION
www.mtech.edu/apply
- APPLY FOR FEDERAL FINANCIAL AID
www.mtech.edu/fafsa
FAFSA Code: 002531
- APPLY FOR SCHOLARSHIPS
www.mtech.edu/scholarships
- RESERVE HOUSING
www.mtech.edu/housing
- REGISTER FOR CLASSES
www.mtech.edu/registration
*MMR Immunizations required

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QUOTES

"The Exercise and Health Science degree at Montana Tech helped me optimize the safety of the athletes I currently work with. I design all of our strength and conditioning programs throughout the year. My programs are designed to fully achieve player strength, power, speed, agility, and flexibility/mobility. What I appreciated most about the EHS degree program and Montana Tech in general was being surrounded by people who really cared about me and my future."

CY STEELE (CLASS OF 2020)

Rocky Mountain College Football Strength and Conditioning Coordinator | Certified Strength and Conditioning Specialist

"The overall quality of education at Montana Tech, in my opinion, is hands above that of larger public institutions. The EHS curriculum, along with the elective courses, are thorough and lay what I would consider a firm foundation for further and more focused studies in graduate programs. I loved my time at Tech. It's a passion of mine to study exercise and it's effects, and now I focus on exercise for individuals with chronic disability, which is a whole different level of thinking in many ways!"

JOE WEGLEY, DPT (CLASS OF 2001)

Physical Therapist | Author Made to Move

"My education and experience within the Exercise and Health Science degree program provided a vital foundation for my personal and professional successes. I hold a position at Humana Inc. as a personal health and wellness coach, life coach, subject matter expert, and corporate well-being champion. My strong knowledge base has been the backbone throughout my career in supporting individuals to achieve their best health by being in the front lines of driving our company's bold goal to make the communities we serve across the US 20% healthier by 2020. I've also had to rely on the positive culture that has been built throughout the EHS department. Since graduating in 2008, I've reached out to faculty members for guidance, and without hesitation, they were happy to provide support. It goes without saying; my EHS degree has allowed me to fulfill my life's passion in health promotion."

SARAH THOMAS (CLASS OF 2008)

Personal Health Coach | Humana Wellness Solutions

"The Exercise and Health Science degree at Montana Tech gave me the freedom to direct my studies to my future career endeavors as they became clear. I contemplated several career options such as dentistry, physical therapy, medical doctor, and eventually decided on being a physician assistant. The EHS degree allowed me to not only complete my degree, but allow me the freedom to ensure I fulfilled my pre-requisites for any future post-baccalaureate degree programs. The professors in the Exercise and Health Science program not only had an invested interest that I succeed, but had a personal interest in my success which to this day I find invaluable. I have been a physician assistant since 2006 working in neurosurgery. I am involved in clinical care of patients, neurosurgery trauma, and minimally invasive spine surgery. I attribute much of my professional success to my days at Montana Tech in the EHS program."

KLINTON (JOSH) PFEIFLE (2004)

Physician Assistant – Neurosurgery