



Exercise Science and Health

Department of Exercise Science and Health
COLLEGE OF ARTS AND SCIENCES

KEY STRENGTHS

- Graduates in exercise science and health education are in demand because of their preparation in teaching and work experience under the supervision of exercise science and health faculty.
- More than 70 percent of faculty members hold doctorates.
- 90 percent of exercise science and health graduates from the last decade are currently employed in their major field.
- The nutrition program is approved by American Dietetics Association.

DEGREES OFFERED

- Bachelor of Science

MAJORS AVAILABLE

- Health education
- Exercise and sport science (all-level teaching)
- Exercise science (health promotion, pre-PT, or pre-OT)
- Physical education (non-teaching)
- Nutrition

MINORS AVAILABLE

- Nutrition
- Coaching

CAREER OPPORTUNITIES

- Teaching health education in elementary and secondary schools
- Teaching physical education in elementary and secondary schools
- Coaching
- Exercise and fitness and sports nutrition specialists in the corporate community
- Directors of wellness programs (corporate and community settings)
- Cardiac rehabilitation (hospital setting)
- Directors in leisure services (municipal, corporate, commercial and private)
- Community health nutrition departments and agencies
- Healthcare facilities
- Extension service
- Sales and marketing
- School food programs
- Food service management/hospitality services
- Food science and technology

STUDENT OPPORTUNITIES

Graduate assistantships

- Baylor University
- Texas A&M University
- Colorado State University
- Southwest Texas State University

On-campus work opportunities

- Supervise aerobic and machine weight area
- Supervise strength club facility
- Lead aerobic exercise classes
- Teach (as an upperclassman) exercise science activity classes
- Lifeguard and learn pool maintenance at the ACU pool
- Lab assistants in human performance lab
- Lab assistants for lifetime wellness or nutrition and wellness

Off-campus study opportunities

- Student teaching
- Internship in coaching
- Internships in medical, corporate and commercial entities
- Field experiences in community and corporate settings
- Recreational experiences such as snow skiing, backpacking and scuba diving

Scholarships available

- Guy and Bess Scruggs Scholarship
- Paschall Scholarship
- ACT/SAT Academic Scholarships
- Marie Wilmeth Scholarship

Please consult with your admissions counselor for details on these and other scholarships available to you.

FACILITIES

The Gibson Health and Physical Education Center features the following:

- Human performance laboratory for testing, instruction and research
- Classrooms featuring VCR, DVD, monitors and computer enhanced lectures
- One six-lane 25-yard swimming pool
- Machine weights and aerobic exercise room
- Free-weight facility
- Three racquetball courts
- Gymnastic room
- Three full-size basketball (multiple use) courts
- Nine outdoor tennis courts (four lighted)
- Computer lab
- Food lab
- Student lounge

DEMOGRAPHICS

Majors in 2005-06 school year: 225

Applications accepted to graduate/professional school: 3 of 4

DISTINGUISHED ALUMNI

- Lanette Davis Young**, class of 1993; director of LIFEHELP, The Heart Institute of St. Petersburg, St. Petersburg, Ala.
- Darrin Roe**, class of 1993; supervisor of cardiac rehabilitation, Baylor Medical Center, Dallas, Texas.
- Dr. Billy Dan Carson**, class of 1988; family physician, University of Texas Health Center, Tyler, Texas.
- Mark Stevens**, class of 1988; general manager, The Houstonian Club, Houston, Texas.
- Jon Yarbrough**, class of 1988; manager, cardiac rehab, Wellhealth Center, Abilene Regional Medical Center, Abilene, Texas.
- Paul Phillips**, class of 1987; physical therapist, Abilene, Texas.
- Darci Phillips Graham**, class of 1986; owner, The Workout, Oklahoma City, Okla.
- Rhonda Davis**, class of 1984; elementary physical education specialist and head volleyball coach, Abilene Christian Schools, Abilene, Texas.
- Dr. Frank Smith**, class of 1978; professor, St. Edwards University, Austin, Texas.
- Patti Jo Mendenhall**, class of 1977; M.S., R.D., L.D.; past president, Texas Dietetic Association, Abilene, Texas.
- Don Harrison**, class of 1976; superintendent, Wylie ISD, Abilene, Texas.
- Dr. Larry Rogers**, class of 1963; director, Department of Kinesiology, Lubbock Christian University, Lubbock, Texas.

RECENT GRADUATES

- Lora Ferguson**, class of 2004; graduate assistantship in exercise science at Sam Houston State University, Huntsville, Texas.
- Alison Crockett**, class of 2003; graduate assistantship, Baylor University, Waco, Texas.
- Misty Mays**, class of 2003; 2005 graduate of Southwestern Medical Center Physical Therapy Program, Dallas, Texas.
- Jeremy Biernat**, class of 2005; instructor, Hendrick Health Club, Abilene, Texas.
- Catherine Deming**, class of 2005; accepted to Physical Therapy School, Hardin-Simmons University, Abilene, Texas.
- Jennifer Doty**, class of 2005; graduate assistant, ACU, Abilene, Texas.
- Keisha McClelen**, class of 2005; internship in dietetics, Texas State University, San Marcos, Texas.
- James Silvester**, class of 2005; internship in exercise science, Cooper's Clinic, Dallas, Texas.
- Jamie Stoniecki**, class of 2005; accepted to Physical Therapy School, Belmont University, Nashville, Tenn.
- Rachel Taylor**, class of 2005; accepted to Physical Therapy School, Belmont University, Nashville, Tenn.
- Nick Zboch**, class of 2005; elementary physical education teacher, Garland, Texas.
- Demetrius Collins**, class of 2004; accepted to Physical Therapy School, Hardin-Simmons University, Abilene, Texas.

FACULTY ACHIEVEMENTS

- Dr. Dickie Hill** – president of Texas School Health Association.
- Dr. Lynn Luttrell** – president-elect of Texas Association of Health, Physical Education, Recreation and Dance.

FACULTY

- Joe Bell, Ph.D.**, *associate professor*; B.S., Abilene Christian University, 1977; M.S., University of North Texas, 1983; Ph.D., Texas A&M University, 1997.
- Curt Dickson, Ph.D.**, *senior faculty*; B.S., Abilene Christian University, 1966; M.S., ACU, 1967; Ph.D., Texas A&M University, 1971.
- Kerri Hart**, *assistant professor*; B.S., Abilene Christian University, 1986; M.Ed., ACU, 1996; Ph.D., University of New Mexico, 2005.
- Dickie Hill, Ph.D.**, *professor*; B.S., Abilene Christian University, 1967; M.P.E., University of Florida, 1968; Ph.D., Texas A&M University, 1973.
- Sheila Jones, R.D., L.D.**, *instructor, director, Didactic Program in Dietetics*; B.S., Texas A&M University, 1981; M.S., Texas A&M University, 1989.
- Lynn Luttrell, Ph.D.**, *associate professor*; B.S., Abilene Christian University, 1978; M.S., Baylor University, 1980; Ph.D., Oregon State University, 1991.
- Nicki Rippee, Ph.D.**, *professor, chair*; B.S.E., Abilene Christian University, 1968; M.Ed., Texas A&M University, 1969; Ph.D., Arizona State University, 1985.
- Liz Rotenberry**, *assistant professor*; B.S.Ed., Abilene Christian University, 1975; M.Ed., ACU, 1980.
- Deonna Shake**, *instructor*; B.S.Ed., Abilene Christian University, 1986; M.Ed., ACU, 1990.
- Lorraine Wilson, Ed.D.**, *associate professor*; B.S., Abilene Christian University, 1976; M.Ed., ACU, 1977; Ed.D., Texas Tech University, 1992.
- Odie Wright**, *associate professor*; B.S.E., Abilene Christian University, 1973; M.Ed., University of Houston, 1982; Ph.D., University of New Mexico, 2002.
- Ben Zickefoose**, *associate professor*; B.S., Abilene Christian University, 1955; M.A., ACU, 1956; M.S., Kansas State University, 1958.

FACULTY AND STAFF WELLNESS PROGRAM

Kerri Hart, B.S., Abilene Christian University, 1986; M.Ed., ACU, 1996; Ph.D., University of New Mexico, 2005.

FOR MORE INFORMATION

About the Department

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About ACU and Admissions

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