

UNIVERSITY PROFILE

Belhaven University is a Christian liberal arts university dedicated to excellence in Christian higher education. Situated in the heart of one of Jackson's most beautiful historic neighborhoods, Belhaven offers a residential campus within minutes of fine dining, good shopping, and a thriving arts community. At Belhaven, a long-standing history of excellence dates back to the College's founding in 1883. Dr. Roger Parrott, President of the University, carries on Belhaven's rich legacy with a Christian curriculum centered on the biblical worldview.

RECOGNITION

Belhaven University has received national recognition for its academic programs and affordability. It has been consistently ranked in U.S. News & World Report, received the College of Distinction Award, and named to America's 100 Best College Buys 11 years in a row.

ACCREDITATION

The College has earned regional Accreditation by the Commission on Colleges of the Southern Association of Colleges and Schools (SACS). Furthermore, Belhaven is one of just 33 schools in the U.S. to be nationally accredited in all four of the arts: dance, music, theatre, and visual art.

CONTACT US

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SPORTS MEDICINE & EXERCISE SCIENCE



THE DEFINITION
OF SUCCESS:
FALL DOWN
SEVEN TIMES,
STAND UP
EIGHT TIMES.

—Japanese Proverb



SPORTS MEDICINE AND EXERCISE SCIENCE

The Sports Medicine and Exercise Science program is an interdisciplinary major that connects all the basic sciences to prepare you for a wide range of careers in health and fitness. When you earn an accredited Bachelor of Science in Sports Medicine or Exercise Science you will be prepared for careers such as therapeutics, fitness, fitness management, medicine and education.

WHY CHOOSE SPORTS MEDICINE/EXERCISE SCIENCE AT BELHAVEN UNIVERSITY?

This field of study is broad and will allow you to choose from a number of exciting career possibilities. When you choose to earn a sports medicine/exercise science degree at Belhaven, you will receive the personalized instruction and one-on-one interactions with professors that many colleges cannot provide.

Our new enhanced facilities, computers and technology set us apart from other programs, because we give you the opportunity to use modern scientific instrumentation and methods. You will not only expand your knowledge in the classroom, but you will also gain hands-on experience during your 200 on-site clinical observation hours. Our coursework prepares you for graduate school and gives you a competitive edge.



WHAT WILL I STUDY?

- Human Anatomy & Physiology
- Injury Care & Prevention
- Kinesiology
- Exercise Physiology
- Biomechanics
- Sport & Exercise Nutrition

WHAT CAN I DO WITH A BACHELOR OF SCIENCE IN SPORTS MEDICINE OR EXERCISE SCIENCE?

- Physical/Occupational Therapist
- Biomedical Engineer
- Clinical Exercise Physiologist
- Fitness Director
- Athletic Trainer
- Medical/Osteopathic Doctor
- Cardiac Rehabilitation Specialist
- Nutritionist/Dietician
- Biomechanist

WHAT KIND OF OPPORTUNITIES DO STUDENTS HAVE IN SPORTS MEDICINE/EXERCISE SCIENCE?

- Sports Medicine and Exercise Science Club (SPEX Club)
- Professional guest speakers
- Field trips and learning experiences in professional venues
- Community and professional service projects
- Intern clinical experience in career field

WHAT ARE BELHAVEN SPORTS MEDICINE/EXERCISE SCIENCE GRADUATES DOING NOW?

- *Jordan Bennett, Nanette Hanum and Hannah West* have all earned their Doctor of Physical Therapy and are practicing in Mississippi, Michigan and Pennsylvania respectively.
- *Peter Mittwede* is completing his MD, PhD at University of Mississippi Medical Center (UMMC) and currently serves as student body president. He received the Outstanding Student Award at UMMC and has had several research projects funded through grants.
- *Andrew Simpson* has completed his master's degree in Athletic Training and has returned to the Jackson area to practice.
- Recent graduate, *Abigail Hawkins* is attending UMMC working on an Occupational Therapy degree.
- *Kayla Maldonado* is finishing her second year in Osteopathic Medical College in Alabama.
- *Riley Galloway* and *Allison Nooe* are working on their Ph. D degrees in Exercise Science at University of Mississippi in Oxford.
- *Jimmy Gilford* completed his master's degree in Strength and Conditioning at Mississippi State University and serves as the head strength and conditioning coach for the baseball team at MSU.