Exercise and Sports Studies

Exercise & Sports Studies Department
The exercise and sports studies (ESS) program leads to a bachelor's of science (B.S.) degree designed to provide undergraduate students with the knowledge, skills, and abilities to be successful in a variety of careers within the health professions, fitness industry and/or competitive athletics. The ESS faculty and staff are committed to offering a rigorous curriculum designed to prepare students for careers in ESS or graduate degree programs.

Students are provided with a major foundation of ESS-specific courses in traditional, online, and hybrid formats. ESS students must choose one of three areas of specialization that prepare students for credentialing examinations offered through the National Strength and Conditioning Association and the American College of Sports Medicine.

The ESS department is intimately related to the strong group of health professions programs currently offered at D’Youville College at both the undergraduate and graduate levels, such as physical therapy and dietetics. An ESS minor also exists to complement other academic areas of study.