



HEALTH IN ACTION

YOUR EXCITING
CAREER IN
HEALTH SCIENCES,
ATHLETIC TRAINING
AND PHYSICAL
EDUCATION
KICKS OFF AT BSU

BODIES IN MOTION

BRIDGEW.EDU

Bridgewater State University • Bridgewater, MA 02325



BRIDGEWATER
STATE UNIVERSITY

HEALTH IN ACTION

IS ABOUT ENHANCING
AND IMPROVING
THE HEALTH AND
WELLBEING OF
INDIVIDUALS, FAMILIES
AND COMMUNITIES.

BODIES IN MOTION

IS ABOUT HELPING
PEOPLE THROUGH
FITNESS AND MOVEMENT,
RECREATIONAL
ACTIVITIES, TEACHING
AND COACHING.



**MICHAEL AKINBOLA, G'17,
TAKES ATHLETIC TRAINING TO THE CHAMPION LEVEL.**

Since 2016, Michael Akinbola, G'17, has served as assistant trainer and physical therapist on the New England Patriots' athletic training staff. With Michael on board, the group was named the NFL's athletic training staff of the year by the Professional Football Athletic Trainers' Society in 2016, and trainers of the year by the Athletic Trainers of Massachusetts in 2017.

"I had a degree in physical therapy but wanted to go back to school to pursue my other passion, athletic training. Bridgewater State has excellent clinical sites and a great reputation. It was while working toward my master's in athletic training at Bridgewater that I began volunteering for the Patriots."



**SAMANTHA MCCHESNEY, '17,
EXERCISES HER OPTIONS AS A FITNESS ENTREPRENEUR.**

In her senior year at Bridgewater, Samantha McChesney, '17, started her fitness business, bringing clients to a local park for workouts. Three months after graduating with a Bachelor of Science in Exercise Physiology, Samantha moved into a physical facility with professional equipment and Challenge Fitness had a home.

"Bridgewater was the perfect place to do my undergrad; their classes set me up for success. For example, I had a class called Planning, Implementing and Evaluating Fitness Programs in which I had to create my own business plan in class. My professor took me step by step thought the process so once I was ready to own my own business, I was fully prepared."

**WHATEVER YOUR INTEREST, WHATEVER YOUR ROLE,
BRIDGEWATER WILL PREPARE YOU TO BE THE BEST YOU CAN BE.**

Health-care provider, health advocate or administrator ... if you envision your future helping people experience healthy, successful and fun-filled lives, then you'll find many ways to achieve your goals at Bridgewater State University.

Bridgewater's Department of Movement Arts, Health Promotion and Leisure Studies offers a wide range of undergraduate majors and minors, master's degree programs, and post-baccalaureate licensure and certificate programs in the exciting, high-demand areas of health science, athletic training and physical education.

Description of Central
Tend

TOM WU, PhD,
Chairperson, Department of
Movement Arts, Health Promotion
and Leisure Studies, runs the
biomechanics lab at Bridgewater
and has advised professional and
Olympic athletes.



HEALTH PROGRAMS

The programs you need for a healthy career.

There is a strong need for health professionals who can advise, treat and promote healthy living to individuals, families, schools and communities. Undergraduate students with the desire to have an impact on the quality of people's lives will find a range of academic programs and a faculty comprising experienced health professionals eager to serve as mentors. We have recently expanded our offerings with a health studies degree, as well as a health science degree with concentrations in such in-demand areas as pre-athletic training, pre-physical therapy and pre-occupational therapy.

Undergraduate health programs

- Health Science, BS
 - Pre-Athletic Training Concentration, BS
 - Pre-Physical Therapy Concentration, BS
 - Pre-Occupational Therapy Concentration, BS
- Health Studies, BS
- Public Health, BS
- Health Promotion Minor
- Health Resources Management Minor
- Nutrition Minor

"Public health is primarily engaged in social justice concepts, involving issues like addiction, domestic violence, homelessness and food insecurity. Through epidemiological studies, students understand the systems that cause societal problems and learn how data can be used to inform programs and policies to create change."

JAMES E. LEONE, PhD
Professor, Public Health



POSSIBLE CAREER PATHS

EPIDEMIOLOGIST

FIRST RESPONDER

NUTRITIONIST

OCCUPATIONAL HEALTH
AND SAFETY
PROFESSIONAL

PUBLIC HEALTH NURSE

PUBLIC HEALTH
PHYSICIAN

SANITARIAN

SCIENTIST AND
RESEARCHER

POSSIBLE CAREER PATHS

ATHLETIC TRAINER

CLAIMS REVIEWER

DISASTER RELIEF

FORENSIC SCIENTIST

LAB MANAGER

**MEDICAL EQUIPMENT/
PHARMACEUTICAL
SALESPERSON**

NURSE PRACTITIONER

**OCCUPATIONAL
THERAPIST**

PHYSICAL THERAPIST

**PROSTHETICS/
ORTHOTICS SPECIALIST**

HEALTH PROGRAMS

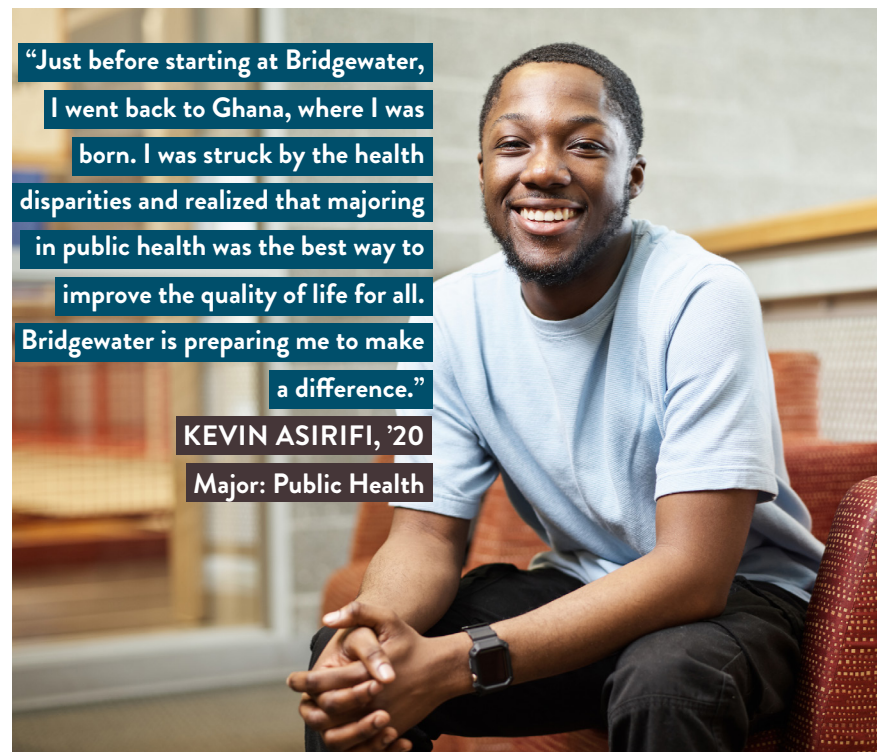
The skills you need to teach, treat and promote health.

Our graduate and postbaccalaureate programs in health are designed to take your career to the next level.

Our faculty and academic programs leverage your previous academic experience and the knowledge you've gained in your career to date to help you acquire the skills and credentials needed to achieve your career goals.

Graduate/postbaccalaureate health programs

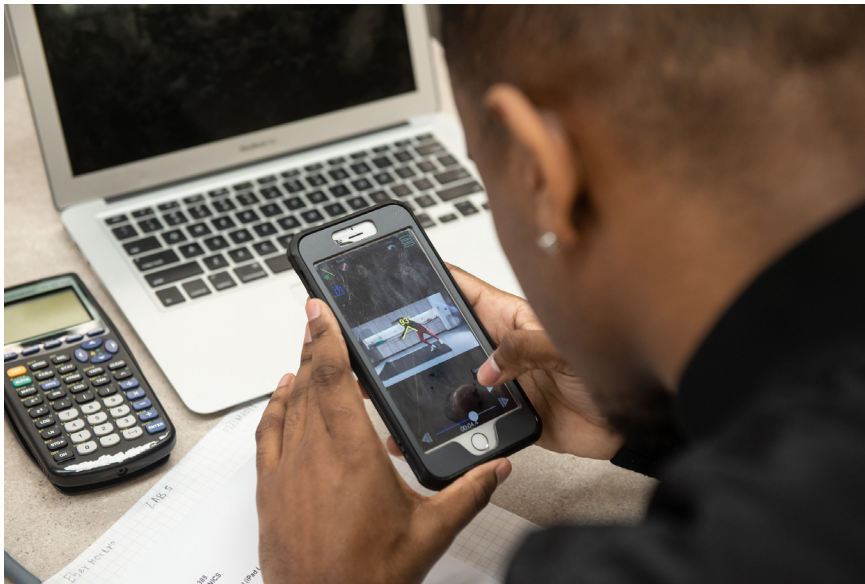
- Athletic Training, MS
- Health Promotion, MEd
- Health, Health/Family and Consumer Sciences PreK-12 (Initial Licensure), Postbaccalaureate Licensure



"Just before starting at Bridgewater, I went back to Ghana, where I was born. I was struck by the health disparities and realized that majoring in public health was the best way to improve the quality of life for all. Bridgewater is preparing me to make a difference."

KEVIN ASIRIFI, '20

Major: Public Health



← HEALTH IN ACTION



BODIES IN MOTION →

The College of Education & Health Sciences extends BSU's tradition of excellence in educator training since 1840 by offering undergraduate and graduate courses for students who aspire to become leaders in the human services field. BSU programs foster lifelong learning and prepare graduates to excel in a diverse and ever-changing world.

NAMED A NATIONAL APPLE COLLEGE OF DISTINCTION



"Prior to field experiences, we use virtual reality to give students a chance to interact with avatars in an environment that mimics the classroom. It's an amazing technology and students are able to quickly see their strengths and areas where they need improvement."

MISTI NEUTZLING, PhD
Associate Professor,
Physical Education

HEALTH EDUCATOR

COMMUNITY PLANNER

PHYSICIAN ASSISTANT

CLINICAL TRIAL
ADMINISTRATOR

RESTAURANT INSPECTOR

PUBLIC POLICYMAKER

POSSIBLE CAREER PATHS

ACTIVITIES DIRECTOR

ADVENTURE
RECREATION PROGRAM
COORDINATOR

CAMP DIRECTOR

PERSONAL TRAINER

RECREATION PROGRAM
ADMINISTRATOR

SPORTS CLUB MANAGER

YOUTH ORGANIZATION/
AFTER-SCHOOL
PROGRAM
ADMINISTRATOR

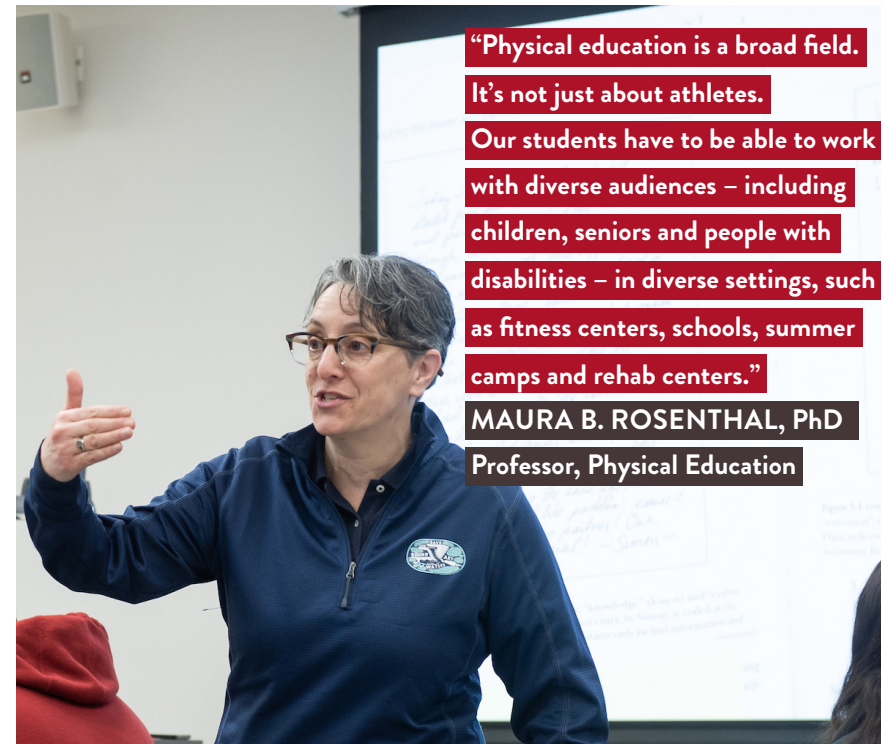
PHYSICAL EDUCATION

Physical education
is a practical education.

Bridgewater's undergraduate physical education programs reflect the broad career opportunities you can pursue in this dynamic field. From exercise and fitness, to teaching and therapy, to running recreation programs and managing fitness clubs, you will learn from experienced faculty and gain practical experience as you acquire the skills and knowledge needed to land the job you desire.

Undergraduate programs

- Physical Education, BA
- Physical Education, Exercise Science/Health Fitness Concentration, BS
- Physical Education, Motor Development Therapy/Adapted Physical Education Concentration, BS
- Physical Education, Recreation and Fitness Club Administration Concentration, BS
- Physical Education, Recreation Concentration, BS
- Physical Education, Teacher Licensure (PreK-8) Concentration, BS
- Physical Education, Teacher Licensure (5-12) Concentration, BS



PHYSICAL EDUCATION

Taking it to the next level.

Bridgewater offers a number of graduate programs in Physical Education, including eight Master of Science degree programs and two postbaccalaureate programs. Whether you want to teach, coach or manage, you'll find a program that matches your interest and enables you to launch or advance your career in this broad, exciting field.

Graduate/postbaccalaureate programs

- Physical Education, Adapted Physical Education and Sport Concentration, MS
- Physical Education, Applied Kinesiology Concentration, MS
- Physical Education, Coaching Education Concentration, MS
- Physical Education, Human Performance and Health Fitness Concentration, MS
- Physical Education, Individualized Concentration, MS
- Physical Education, Professional Tennis Management and Coaching Concentration, MS
- Physical Education, Strength and Conditioning Concentration, MS
- Physical Education, Teaching Games for Understanding Concentration, MS
- Physical Education (PreK-8) (Initial Licensure), Postbaccalaureate Licensure
- Physical Education (5-12) (Initial Licensure), Postbaccalaureate Licensure



"I'm a hands-on person so I really like that Bridgewater gives you lots of lab experience. I was also able to do graduate research here in the biomechanics field; it's great that you don't have to wait until you get to graduate school to make an impact."

CARA DAYBRE, '19

Major: Physical Education

Concentration: Exercise Science/
Health Fitness

POSSIBLE CAREER PATHS

**ATHLETIC PRODUCT
DEVELOPER/TESTER**

**BIOMECHANICS
RESEARCH ASSISTANT**

**CARDIAC REHAB
SPECIALIST**

EXERCISE PHYSIOLOGIST

FITNESS CONSULTANT

PERSONAL TRAINER

**STRENGTH AND
CONDITIONING COACH**

**WELLNESS
COORDINATOR**

GET YOUR CAREER IN MOTION

BY TAKING ACTION TODAY.

If you're interested in physical education or health-related fields, Bridgewater State University has the programs – taught by experienced practitioner faculty – that will give you the skills and knowledge you need to make a difference in people's lives and their health. For more information, contact us today.

Department of Movement Arts,
Health Promotion and Leisure Studies
Adrian Tinsley Center, Room 232
325 Plymouth Street
MAHPLS@bridgew.edu
508.531.1215

Bridgewater State University
Office of Undergraduate Admission
Welcome Center
45 Plymouth Street
admission@bridgew.edu
508.531.1237

Office of Graduate Admission
Maxwell Library, Room 019
10 Shaw Road
gradadmissions@bridgew.edu
508.531.1300

