

UNIVERSITY OF MEMPHIS
COLLEGE OF
**HEALTH
SCIENCES**



COLLEGE OF HEALTH SCIENCES

The College of Health Sciences provides students with a quality education focused on the fundamental principles of health, exercise, nutrition and physical activity, while equipping you with the cutting-edge knowledge and skills needed to fulfill leadership roles in your chosen area of specialty.

Our mission is to prepare future leaders in health sciences through excellence and innovation in teaching, research and service.

From introductory courses in health and wellness to specialized courses in nutrition therapy, biomechanics, health promotion, healthcare leadership, exercise physiology, physical education teacher education and program planning, you will learn to analyze and synthesize data, and develop alternative approaches to problem solving. As a result, you'll be prepared to move rapidly upward in your chosen career path upon graduation, whether seeking employment or graduate study.





INNOVATING
+ LEADING



EXCELLENCE
+ OPTIONS

PROGRAMS

UNDERGRADUATE

Major: Health Studies (BS)

Concentrations:

- Dietetics
- Exercise, Sport & Movement Sciences
- Health Sciences
- Healthcare Leadership

Major: Physical Education Teacher Education (BSEd)

Concentrations:

- PETE Licensure
- Sport Coaching

Minors:

- Medical Assisting
- Nutrition, Health and Wellness

MASTER'S

Major: Health Studies (MS)

Concentrations:

- Exercise, Sport & Movement Sciences
- Exercise Nutrition
- Health Promotion
- Physical Education Teacher Education

Major: Nutrition (MS)

Concentrations:

- Clinical Nutrition
- Environmental Nutrition
- Nutrition Science

Graduate Certificate:

- Sport Nutrition and Dietary Supplementation

DOCTORAL

Major: Applied Physiology & Neuromechanics (PhD)

Concentrations:

- Applied Biomechanics
- Applied Physiology & Nutrition

Our Doctorate in Physical Therapy, to be offered at UofM Lambuth, is tentatively set to begin in 2027.

A photograph of three people in a modern kitchen. A woman in a white shirt is cutting red bell peppers on a white cutting board. A man in a light-colored jacket is standing next to her, also smiling. A woman in a dark blue shirt is standing to the right, looking at the camera. The kitchen has large windows in the background and a stainless steel sink with a faucet. The text "CREATE + DISCOVER" is overlaid on the bottom half of the image in white and blue.

CREATE + DISCOVER

DIETETICS

What is Dietetics?

Dietetics is the study of human nutrition and the regulation of diet. Most students who enroll in our Dietetics program aspire to become a Registered Dietitian Nutritionist (RDN). With the increased emphasis on prevention and renewed interest in nutrition, this is an exciting time to be in the field of dietetics!

All program graduates who earn a minimum GPA of 2.75 receive an ACEND-Verification of Completion Statement and are eligible to apply for a supervised practice program (dietetic internship). However, a GPA of 3.25 is recommended to be competitive for a dietetic internship. Dietetic internship

graduates are eligible to complete the national registration examination to become a RDN.

Program graduates who choose not to apply for a dietetic internship appointment have varied career options. They select careers in extension services, industry, healthcare and education. Graduates are prepared to apply for graduate/professional post-baccalaureate programs.

The Dietetics program is accredited as a didactic program in dietetics (DPD) by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Why should I major in Dietetics?

Our curriculum provides foundational knowledge and skills in the areas of communication, physical and biological sciences, social sciences, research, food, nutrition, management and health care systems. Our dietetics students at the University of Memphis take courses in basic science, food science, human metabolism, clinical nutrition, community nutrition, food service management and exercise science.

Class sizes are small, which allows for personal mentoring relationships to develop between faculty and students. Outside of the classroom, students have the opportunity to join the Student Academy of Nutrition and Dietetics, volunteer in research laboratories and even participate in a nutrition-focused study abroad experience.

If you plan to continue your education to become a registered dietitian, our Clinical Nutrition MS/DI program accepts up to six graduating UofM Dietetics students as pre-selected interns.

Career Opportunities

- Nutritionist
- WIC nutritionist
- Dietary manager
- Dietetic technician
- Registered dietitian (with additional education and licensure)

“Through the College of Health Sciences, I learned critical thinking in terms of health and nurturing the human body. With intense coursework in sciences and nutrition therapy, I gained the knowledge necessary to help others discover what their bodies need. Completing nutrient analyses, developing recipes and resources and taking culinary-based courses fine-tuned my skills as a nutrition expert. To gain global nutrition experience, I studied abroad for two summers at Florence University of the Arts.”

– Brandi Williams



EXERCISE, SPORT & MOVEMENT SCIENCES

What is Exercise, Sport & Movement Sciences?

The Exercise, Sport & Movement Sciences program provides a comprehensive exposure to the field of exercise science, with coursework in areas such as structural kinesiology, exercise physiology, biomechanics, motor behavior and exercise programming. Graduate study is complemented by coursework in research design, scientific writing and statistical analysis. Both undergraduate and graduate students have internship opportunities (required for undergraduate students; optional for graduate students), in addition to the opportunity to function as a research assistant within faculty-directed laboratories.

Why Should I Major in Exercise, Sport & Movement Sciences?

Upon graduation, students wishing to pursue more advanced training in exercise science or related areas (e.g., physical therapy, medicine, nutrition science) can do so. Both undergraduate and graduate programs have received the Educational Recognition Program endorsement by the National Strength and Conditioning Association. Accordingly, graduates are well-prepared to seek certifications offered by professional organizations such as the American College of Sports Medicine and the National Strength and Conditioning Association.

CHALLENGING + INSPIRING



Career Opportunities

Students graduating with an Exercise, Sport & Movement Sciences degree are well-prepared to work in a variety of settings, including:

- Personal training/group fitness instruction
- Strength and conditioning coaching (with appropriate certification)
- Exercise physiology (with appropriate certification)
- Corporate wellness
- Health club facility management

Students should also be well-prepared to attend graduate school within the following areas, once all prerequisite coursework is completed:

- Physical therapy
- Occupational therapy
- Chiropractic
- Medicine (medical doctor, physician assistant)
- Exercise science academics (MS or PhD level)
- Biomechanics (e.g., research assistant in academics or sport science; footwear, braces/insole companies)
- Bioenergetics
- Nutrition science

Research Exposure

Within the College of Health Sciences, a collection of faculty-directed laboratories are devoted to the scientific study of human health and aspects of performance.

Numerous studies of various interests are conducted each year within the laboratories. Faculty members within Exercise, Sport & Movement Sciences secure external funding to support their research, and their work is published in both national and international peer-reviewed journals.



“During my time majoring in Exercise, Sport & Movement Sciences, I was given the knowledge needed to accompany the practical applications that govern multiple facets of strength and conditioning. I gained the ability to view movement through a biomechanical lens, gleaning information that sets me apart from my industry peers. I was taught how to look at the human body as a whole and to dig into the systems that make it function. Most importantly, my professors helped me build a foundation to move forward and make meaningful change in the world.”

– Milos Mikic

HEALTH SCIENCES

OFFERED ONLINE AND ON CAMPUS

What is Health Sciences?

The Health Sciences program is an interdisciplinary program, which combines aspects of both basic sciences and behavioral sciences into an applied discipline to promote healthy living. This program is ideal for students who enjoy focusing on the health and well-being of others. In our undergraduate program, students will develop the knowledge and skills that will encourage success in their chosen path.

Why Should I Major in Health Sciences?

The program in Health Sciences prepares students for broad and versatile career opportunities and allows you to develop a path that best meets your personal interests. The program is grounded in health promotion theory and strategies but offers several elective hours to allow you to align your program with your own

professional goals — including the pursuit of graduate study in the allied health sciences such as occupational therapy, physical therapy and medicine. With outstanding classroom teaching and an emphasis on practical application, the program will prepare you to enter the job market or pursue a graduate education in a variety of health fields.

We require students to extend their knowledge and skills beyond the classroom through an internship experience where you will apply what you have learned in settings across the community. Internship settings are selected according to your professional goals and may include health departments, rehabilitation centers, outpatient clinics, hospitals, schools, community centers, corporate settings and a variety of other sites.



GAME-CHANGING + IMPACTFUL

“The classes included in the Health Sciences curriculum have been the most valuable learning experiences for me. Classes such as marketing, program development, counseling, aerobic and resistance training and exercise physiology have all really helped. Actually, all of my Health Sciences classes have been influential in my new career!”

– Misty Rackham



Career Opportunities

Our graduates begin their careers or continue their education in a variety of areas:

Health Promotion Focus

- Health education
- Health counseling/coaching
- Community wellness
- Corporate wellness
- Public health
- Fitness and wellness specialist

Advanced Study: Health Professional Focus

- Occupational/physical therapy
- Medicine/physician assistant
- Optometry
- Pharmacy
- Allied health sciences

HEALTHCARE LEADERSHIP

OFFERED ONLINE ONLY

What is Healthcare Leadership?

The online concentration in Healthcare Leadership provides a comprehensive exposure to the field of healthcare administration with coursework in areas such as the healthcare environment, professionalism, leadership, business skills and communication.

Why Should I Major in Healthcare Leadership?

The need for qualified healthcare administrators with leadership acumen and ethical fitness is significant, as these individuals are in great demand within the dynamic and complex healthcare landscape. Undergraduate students enrolled in the Healthcare Leadership program have multiple internship opportunities, providing relevant and real-world experience.

Career Opportunities

Students are well-prepared to begin employment within the following areas:

- Ambulatory care facilities
- Long-term healthcare settings
- Health maintenance organizations
- Medical group practices
- Community health settings
- Local and federal government health agencies
- Pharmaceutical firms
- Insurance companies
- Hospitals

Students are also well-prepared to attend graduate school within the following areas:

- Health studies
- Health policy and public health
- Healthcare administration
- Business administration (MBA)



“The Healthcare Leadership program allowed me to find my true passion within the healthcare field. The abundance of courses focusing on leadership, management, statistics, business dexterities, communication, informatics and the environment itself exceeded my expectations beyond imagination. My time spent with this program has ultimately helped me gain the knowledge and training needed to feel adequately prepared as I take on this new experience at one of the most well-known healthcare organizations in Memphis.”

– Camryn Palmer

BOLD + DRIVEN





MOTIVATING + EFFECTIVE

PHYSICAL EDUCATION TEACHER EDUCATION (LICENSURE)

What is Physical Education Teacher Education (PETE) Licensure?

The Physical Education Teacher Education licensure program prepares students to become physically literate teachers and coaches who are trained in the best practices of Physical Education and Wellness. There are multiple field experience opportunities with some of the finest teachers in the local schools. The Ready2Teach Residency program, which is a full-year student teaching experience, emulates an authentic school year starting the very first day of school. This superior student teaching opportunity grooms our students to be effective teachers in a comprehensive manner.

Why Should I Major in Physical Education Teacher Education?

The Physical Education Teacher Education program is led by a vibrant and productive faculty that is nationally and internationally recognized for its scholarship. The mission of our faculty is to prepare you to offer high-quality physical education instruction for all school levels (K-12). In addition, our involvement in our local community, specifically with the local school districts, will provide an opportunity to work with some of the top teachers in the Mid-South. Upon completion of our program, our graduates obtain teaching positions and/or are prepared to further their education. Our program is fully accredited by NCATE and the State of Tennessee.

Career Opportunities

Students are well-prepared to begin employment within the following areas:

- Elementary school physical education teacher
- Middle/high school physical education teacher
- Middle/high school coaching (school-affiliated programs)
- Comprehensive school physical activity program coordinator
- Coordinated school health district supervisor
- Fitness and wellness teacher/coordinator

Students are also well-prepared to attend graduate school within the following areas:

- Physical education teacher education (K-12)
- Health education (K-12)
- Health promotion
- Exercise Nutrition
- Instruction, curriculum & leadership
- Kinesiology
- Exercise science & exercise psychology

“While pursuing my degree in Physical Education Teacher Education, I was able to see how much potential I really had. It was all thanks to my teachers and the staff in the College of Health Sciences. They pushed me and revealed to me that there is more to teaching than I knew and that I could in fact do it. The staff members are loving, caring, inspiring and determined to show you the right path for you.”

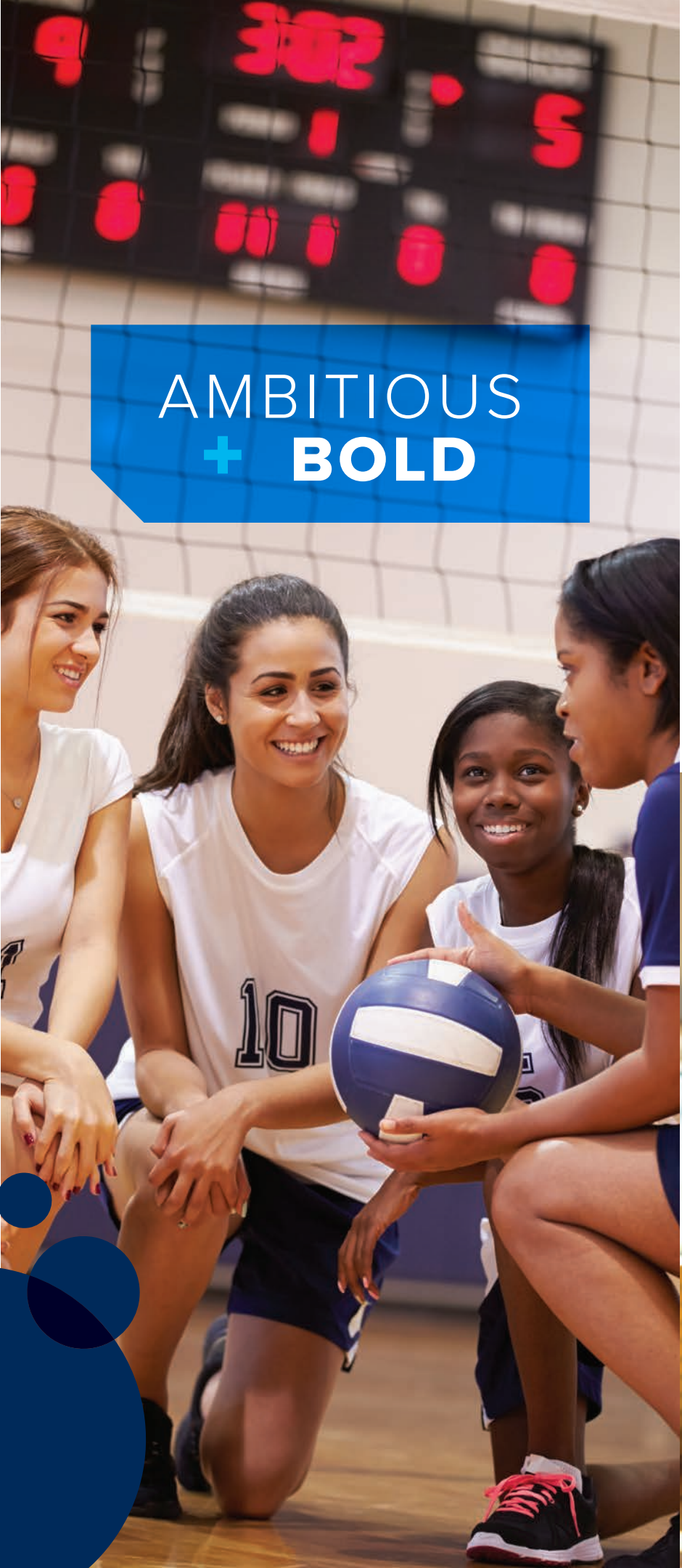
– Sarah Bateman



SPORT COACHING

What is Sport Coaching?

Sport coaching is designed to train forward-thinking people to be the coaches who will lead the next generation of athletes in the fast-paced world of sport. The curriculum focuses on the roles and responsibilities of coaches and their impact on athletic performance. The program aims to prepare students for the demands of leading athletes in individual and team sports at all levels. You'll receive instruction in areas such as coaching individual and team sports, motivating athletes, sports performance, administration and leadership, as well as officiating techniques. An opportunity to engage in a professional internship related to the sport, and level, of your choice will also be a highlight of the program. The internship will help develop partnerships with future prospective employers and stakeholders in the field of sport coaching.



AMBITIOUS
+ BOLD

Why Should I Major in Sport Coaching?

Sport coaching will provide students with the knowledge, skills and abilities to pursue professional positions in a variety of coaching settings such as recreational, collegiate, amateur (AAU), professional and other community positions. You will acquire a variety of skills that an increasing number of organizations seek as they hire those individuals who have a passion for coaching. It will also provide you with an opportunity to pursue graduate coursework in sport coaching fields.

**If you plan to coach middle and high school sports, it is recommended you take the PETE licensure route, as the majority of public (and many private) schools require a teaching degree to coach full time.*

Career Opportunities

Students are well-prepared to begin employment within the following areas:

- Youth sports coach
- College coach
- Sports referee
- Recreational sports director
- Corporate wellness
- Health club facility management
- Personal training
- Group fitness instruction
- Strength and conditioning coaching
- Personalized sport instruction





EMPOWERED + PREPARED

RESEARCH

The University of Memphis is designated as an R1 institution by the Carnegie Classification of Institutions of Higher Education, putting the UofM in the top tier of research universities nationally. The College of Health Sciences supports this R1 status by offering a diverse community of researchers engaged in pioneering work who help push the boundaries of current knowledge that enhance our human experience. Our faculty investigators are highly engaged in research within their respective disciplines. Some faculty are world-renowned, developing and overseeing novel and focused research programs that command attention from investigators, clinicians and other health specialists from around the world.

Several laboratories and supportive research areas provide resources to faculty and staff, as well as to graduate and undergraduate research assistants. Students are encouraged to become involved in research activities within the college, and many graduate from our programs as an author of one or more peer-reviewed manuscripts.

CENTERS & INSTITUTES

Breast Biomechanics Research Center (BBRC)

The BBRC has the overarching goal of enhancing women's health through the application of the science of biomechanics. Our research is

multidisciplinary and integrates the sciences of anatomy, biomechanics, artificial intelligence and computer vision as well as computer, electrical and biomedical engineering. We also aim to raise awareness of breast-related health issues including activity-induced breast pain, breast support sizing and support and breast cancer diagnosis and treatment.

Center for Nutraceutical and Dietary Supplement Research (CNDSR)

The CNDSR is focused on the investigation of isolated ingredients and finished products that may be consumed by individuals for the purpose of improving aspects of physical health or performance. Various investigators spanning many disciplines work within the center, all with an interest in nutrient science. The research in the center is broad in focus and involves cell culture experiments, animal studies and human clinical trials.

Healthy Eating Institute (HEI)

The goal of the HEI is to educate our campus community and others throughout the Memphis area on the benefits of healthy eating, while providing the skills and knowledge to help people adopt a healthier lifestyle. We do this through education, cooking classes, community outreach, food literacy programs for underserved communities, youth cooking/nutrition classes and more.



Human Performance Center (HPC)

With a close relationship with Memphis Tigers Athletics, the HPC merges science and experience to solve practical challenges for coaches, athletes and support staff. From individuals within the community to elite performance athletes, the center offers a variety of scientific testing (e.g., physiology, biomechanics, skill acquisition, nutrition) in both lab and field settings to measure, analyze, understand and improve athletic capacity.

RESEARCH LABS

- Biochemistry Lab
- Bone Densitometry/Body Composition Lab
- Cardiorespiratory/Metabolic Lab
- Cell Culture Lab
- Molecular Biology Laboratory
- Musculoskeletal Analysis Lab

CURRENT RESEARCH

- Role of biological sex and diet on the development of metabolic syndrome
- Effects of diet and exercise on the progression of cancer cachexia
- Immunity and aging

- Immunometabolism and mitochondrial function
- SARS-CoV-2/COVID-19
- Performance of newly designed racing shoes in highly-trained runners
- Enhancing women's breast health through the science of biomechanics
- The effects of dietary supplements as purified bioactive agents or functional foods on risk factors associated with chronic disease
- Interplay between nutraceuticals and physical recovery following exercise
- Molecular mechanisms underlying the reciprocal regulation of the circadian clock and cellular metabolism, oxidative stress and aging
- Prevention and reduction of health risks through community-based health behavior interventions and programs specifically targeting obesity prevention
- Use of nutraceuticals, dietary supplements and dietary strategies aimed at improving cardiovascular and metabolic health

PHYSICAL EDUCATION ACTIVITY (PHED) COURSES

Did You Know?

With the new tuition cap, full-time resident undergraduate students are only charged tuition for 12 credit hours and graduate students for 10 hours — regardless of how many hours you take. This is a great opportunity for ALL MAJORS to add some academic PHED courses.

What are PHED Classes?

Physical education classes encourage students to adopt and/or maintain a healthy a lifestyle of regular physical activity, structured exercise and optimal nutritional intake.

Why PHED Classes?

ALL students can take a PHED course. The physical education activity program offers you the unique experience of receiving college credit while promoting a healthier and active lifestyle. Research also show that physical activity can lead to improved cognitive functions.

Benefits

- Two or three credit hours
- All courses may be repeated once for credit
- Physical activity
- Second session classes offered
- Promotes healthier lifestyle
- Some classes offer skills for summer jobs (lifeguarding and teaching swimming)

Class Categories

Fitness

Classes that focus on promoting a healthier lifestyle through physical fitness like cycling, aerobics and weight training.

Sport

Classes that focus on promoting an active lifestyle through everyday life sports like basketball.

Martial Arts

Classes that focus on teaching proper self- defense techniques like kickboxing and Krav Maga.

Water

Classes that focus on promoting an active lifestyle through water sports and fitness like water aerobics, scuba diving and beginning swimming.





Campus Recreation

Campus Recreation serves the University of Memphis community through outstanding sport and recreation facilities and inclusive programming in pursuit of mental and physical well-being. We strive to meet the dynamic needs and interests of students by providing programs and services that promote positive physical health and encourage lifetime interest in active, healthy lifestyles. Make it your goal to move more today!

Our new 78,000 square foot state-of-the-art facility, the R. Brad Martin Student Wellness Center, opened in the summer of 2021. This facility

gives UofM students and members access to cardio machines, weight equipment, indoor track, basketball courts, tennis courts and an outdoor leisure pool. We also offer group fitness classes like HIIT, Zumba, kickboxing, yoga and more.

Inside the Wellness Center, the Tiger Food Lab teaching kitchen allows for students to learn more healthful eating habits and cooking fundamentals through classes. Our registered dietitian and nutrition consultants are available to answer any questions you may have about your dietary needs.

“

I have gained much valuable research experience in the College of Health Sciences under the guidance of many distinguished mentors. The knowledge I have gained allowed me to be a step ahead of my peers in medical school, and there is no doubt that I will be a better physician as a result of my experiences.”

– Moe Kabir, DO

ADMISSION

All students who desire to declare their major within a College of Health Sciences program must first be admitted to the University of Memphis. Go to ***memphis.edu/admissions*** for steps on how to apply for both undergraduate and graduate programs. Declare a major in the College of Health Sciences by visiting ***healthscistudents.memphis.edu***.







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