



**StAMBROSE  
UNIVERSITY**



## YOUR HUMAN PERFORMANCE AND FITNESS CAREER STARTS HERE.

### **JOB GROWTH**

19% for fitness trainers  
and instructors

*\*2021-2031 U.S. Bureau of Labor and Statistics*

### **INCOME**

\$40,000+ for fitness trainers  
and instructors

*\*May 2021 U.S. Bureau of Labor and Statistics*

### **STATE-OF-THE-ART**

Explore 80,000 square  
feet equipped with exercise  
physiology and biomechanics  
laboratories, classrooms,  
research-quality equipment,  
and a group exercise room.

### **WORK-READY**

Our faculty have diverse field  
experience ensuring you learn  
every facet of the fitness  
industry, including marketing,  
planning, and management of  
sports facilities, group fitness  
leadership, prevention and care  
of athletic injuries, personal  
training methods, exercise and  
sports psychology, strength and  
conditioning, exercise testing and  
law in sport, PE, exercise science,  
and leisure.

### **ADVANCED OPPORTUNITIES**

Participate in a curriculum that  
sets a solid foundation for  
advanced/accelerated degrees  
in Occupational Therapy and  
Exercise Physiology studies.

### **GO BEYOND**

Experience hands-on learning  
through internships, study  
abroad programs, cross-discipline  
activities with other Health  
Sciences majors, and our  
Peace Corps Prep program.

### **MAJORS**

Explore our other kinesiology programs:

- Exercise Science
- Sport Management

### **GRADUATE PATHWAYS**

Many of our graduates pursue a flexible continued education  
in:

- Master of Science in Exercise Physiology
- Doctor of Occupational Therapy
- Master of Organizational Leadership
- Master of Business Administration

# SEE YOURSELF AT ST. AMBROSE.



## ADAPTIVE

- Invested over \$110 million in building and technology infrastructure in the last decade.
- \$13 million renovation for the Higgins Hall for Innovation and Human-Centered Design to transform the second-oldest building on campus into a state-of-the-art learning facility.



## AFFORDABLE

- Multiple microcredentials to increase sector-specific skills and career advancement opportunities.
- 4+ Accelerated Bachelor programs.



## ACTIVE

- 60+ undergraduate programs, 11 master's programs, 3 doctoral programs, and 10+ programs with specialized accreditation.
- 90% of our faculty have terminal degrees in their field.



## ACCESSIBLE

- With an average class size of 15, we are a teaching university where student success equals faculty success.
- Flexible class options: Evening, weekend, online, and hybrid.



## ANCHORED

- An education rooted in values to prepare ethical decision-making leaders.
- Ambrosians donate over 100,000 service hours annually on and off campus.

**OUR  
GRADUATES  
GO PLACES.**

QUAD CITIES ACCELERATION  
FELDMAN PERFORMANCE  
UNITYPOINT HEALTH  
PLEASANT VALLEY HIGH SCHOOL