



University of  
**CINCINNATI**  
EXERCISE AND FITNESS

Be the  
**CHANGE**





# Be **EMPOWERED**

**Everywhere you turn, you see an opportunity to change lives** by educating others on better health options that will lead to healthy lifestyles and choices. Whether it's working with companies to help their employees live healthier lifestyles, working one-on-one in the gym showing someone how to use the equipment to reach their fitness goals, or working for the government to implement new health related policies and programs needed for communities throughout the country. Our Exercise and Fitness program speaks to you. It is a degree program you've been looking for that will allow you to be the health advocate you hope to be.

You are looking for an educational experience that will not only prepare you for success, but provide you with real-world experiences that will enable you to **EMPOWER** others.

**Over**  
**46,000** Total Enrollment  
**17:1** Student - Faculty Ratio



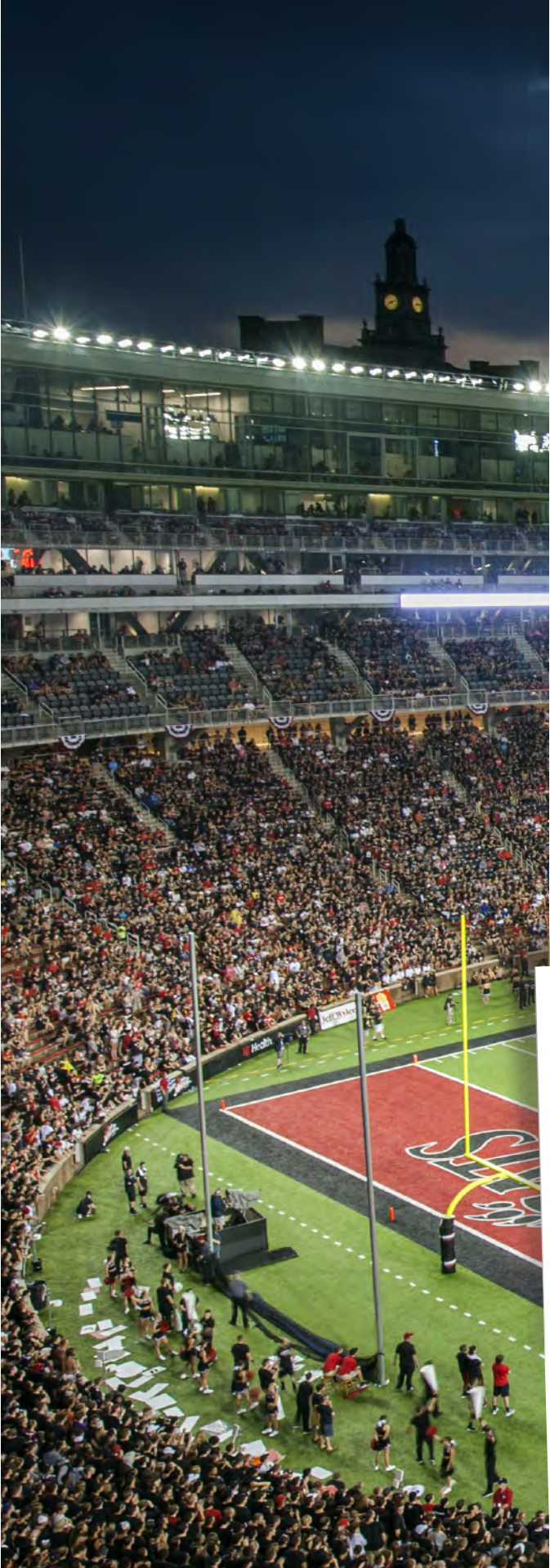
**The Exercise and Fitness** program prepares students with the knowledge and skills necessary to meet the diverse health and wellness needs of our population. Pursue a degree that focuses on training students for health-fitness and clinical careers related to exercise science and kinesiology. Students have opportunities to provide individuals and communities with the knowledge, tools, and motivation to engage in healthier lifestyles.

Upon graduation, students are qualified to sit for the American College of Sports Medicine Exercise Physiologist certification (ACSM-EP®). Additionally, many students choose to pursue the Certified Strength and Conditioning Specialist (CSCS®) through the National Strength and Conditioning Association (NSCA).

**Learn more at** [cech.uc.edu/exercise](http://cech.uc.edu/exercise)







# Be YOU

## **You want to be at a campus where you belong and feel a part of a community.**

Be a part of a campus, and community, where you can explore the many facets of your selected discipline. Some of this exploration will come through joining a club or organization to increase your network potential and make new friends. Maybe you will want to study abroad or seek international opportunities.



# Be IMPACTFUL

We know that education isn't always found in the classroom. In our program, you will also receive hands-on work experience as our students are required to complete 400 internship hours. Our students will be able to choose from over 80 approved regional opportunities or find their own experience, nationally or internationally.

Here are some of the organizations where our students have received internship opportunities: TriHealth Fitness & Health Pavilion, YMCA of Greater Cincinnati, UC Athletics and Mercy Healthplex, **TO NAME A FEW!**

Over  
**1,700**  
students **studied abroad**  
in more than  
**60**  
**countries**  
(2018-2019)



## Be **INSPIRED**

UC offers a variety of programs abroad that last for one week to an entire year. Students are encouraged to travel the world to gain different perspectives from other countries on how health education is implemented. Some of the countries where our students have traveled include:

### Imagine studying here:

- >> Europe
- >> Japan
- >> Netherlands
- >> South Korea

Studying abroad is more affordable than you think! There are a multitude of opportunities to use UC financial aid and scholarships to make this dream become a reality.

## Be **INVOLVED**

We offer over **400 student organizations** and clubs that support a variety of interests, but there are education specific organizations that are related to your major. **You're certain to find your niche.**

### Student Organizations

- >> CECH Ambassadors
- >> CECH Tribunal
- >> Changing Health Attitudes and Actions to Recreate Girls (CHAARG)
- >> Eta Sigma Gamma (Health Promotion Honors Society)



# Be INVESTED



**\$48,800** average earnings  
for entry level college graduates (BLS 2020)

Job opportunities are  
expected to grow by **4.24%**  
for entry level college graduates (2019)

Ranked **#1** for the  
**Best Bang for your Buck** (PolicyMic)

**Invest in yourself.** Because we require field-  
placement and experience for all of our programs,  
our students are more than prepared for the work  
force once they graduate.

## Before you graduate, you'll:

- >> **Build a resume** that sets you apart
- >> **Make connections** that can lead to  
job offers
- >> **Learn what you like** most about  
your field
- >> **Gain the confidence** that only  
experience provides.

We offer over **\$800,000** in  
college-wide scholarships.

## We also offer:

- >> need based grants
- >> student loans
- >> work study
- >> paid internships

LET'S CONNECT



@ UCCECH



@ UC\_CECH



@ UC\_CECH



@ UC\_CECH

# BE BOLD!

#bethechange







## Visit Us

Our campus visit experiences are designed to answer all of your questions. Select the visit that meets your needs (registration required).

### Daily Options

#### College Close-up and Preview UC

To get the most from your campus visit, register for a **UC Preview**, in addition to a **College Close-Up** (a visit with the academic college that interests you). This option provides a visit focused on admissions, academics, and a tour of our beautiful campus. Determine the best date that corresponds with your intended major at: [admissions.uc.edu/visit](https://admissions.uc.edu/visit)

### Open Houses

Open Houses give you an overview of admissions, financial aid information, academics, and student life. This also includes a campus tour.

### Virtual Tour

Nothing beats an in-person tour of our beautiful campus, but our immersive virtual tour is the next best thing. >> **Take a virtual tour:** [uc.edu/visit/virtualtour](https://uc.edu/visit/virtualtour)

### Bearcat for a Day

Bearcat for a Day is designed to give attendees a closer, in-depth look at a “day in the life” of a UC student. You will be able to get advice from current students, attend a class, explore the campus, visit dorms, and learn about campus resources. >> **Sign up at:** [cech.uc.edu/future](https://cech.uc.edu/future)

## Stay in the know

> **Sign up to get reminders and invitations:** [cech.uc.edu/future](https://cech.uc.edu/future)

# Change Begins **HERE**

## Application Process

First-year students should complete the Common Application and all required forms. See website for list of needed materials.

➤ **Application details:** [cech.uc.edu/future](http://cech.uc.edu/future)

## Deadlines

### **December 1 - Early Action**

First-year applicants who wish to be considered for **scholarships**, the **honors program**, and competitive academic programs must complete their application by December 1.

### **March 1 - Rolling Admission** (Fall)

First-year applicants submitting a complete application by March 1 will receive full consideration for admission to a baccalaureate program. Applications received after this date will be reviewed on a space-available basis.

## Semester Deadlines

### **Fall Semester**

➤ Early Action - **December 1**

➤ Final - **March 1**

### **Spring Semester**

➤ **November 1**

### **Summer Semester**

➤ **March 1**



## Financial Aid (FAFSA)

### **Priority deadline: December 1**

List Cincinnati's Financial Aid Code (003125)

➤ Apply for aid: [fafsa.ed.gov](http://fafsa.ed.gov)

## Scholarships

First-year students who have a complete application on file by the December 1 Early Action Deadline will be considered for scholarships.

## Applying to Cincinnati means applying for scholarships

The University of Cincinnati and CECH offer the following scholarship opportunities to first-year students:

➤➤ **CECH College Scholarships**

➤➤ **Cincinnati Scholarship Program**

➤➤ **Darwin T. Turner Scholars Program**

➤➤ **National Outreach Award**

➤➤ **Alumni Legacy & Network Scholarship**

Awards are made for Fall Semester admission, based on available funds. Some are renewable over four academic years subject to full-time enrollment at Cincinnati, satisfactory academic progress, and maintaining at least a 3.20 GPA.

Visit [financialaid.uc.edu](http://financialaid.uc.edu) for more information.





## School of Education

### Associate of Applied Science

Early Childhood Care & Education\*

### Bachelor of Science

Early Childhood Education

• PreK-5 (license)

• Birth – Age 5\*

Human Development & Community Engagement

Middle Childhood Education

• Language Arts

• Mathematics

• Natural Science

• Social Studies

Secondary Education

• Integrated Language Arts

• Integrated Mathematics

• Integrated Science

• Integrated Social Studies

• Physics - Single Subject

Special Education

• Language Arts & Mathematics

• Language Arts & Natural Science

### Minor

Early Childhood Education & Development

### Certificates

Deaf Studies

Digital Learning Design

Education for Environmental Sustainability

### Non-Degree Program

Transition & Access Program (TAP)

\* Online

\*\* Campus and Online

## School of Criminal Justice

### Bachelor of Science

Criminal Justice\*\*

Paralegal Studies

### Minors

Criminal Justice\*\*

Paralegal Studies

### Certificates

Correctional Rehabilitation\*\*

Crime & Intelligence Analysis\*

Forensic Populations\*\*

Foundations in Cybersecurity\*\*

Paralegal Studies

## School of Human Services

### Bachelor of Science

Exercise and Fitness

Public Health

• Health Promotion & Education

Sport Administration

Substance Abuse Counseling\*

### Minors

Health Promotion & Education

Sport Administration

### Certificates

Substance Abuse Counseling\*

Substance Abuse Prevention\*

Violence Prevention in Families, Schools, & Communities\*

## School of Information Technology

### Bachelor of Science

Information Technology\*\*

• Cybersecurity

• Data Technology

• Game Development & Simulation

• Networking / Systems

• Software Application Development

### Minor

Information Technology\*\*

### Certificates

Database Management\*\*

Foundations in Cybersecurity\*\*

Networking\*\*

Software Development\*\*

Web Development\*\*

The University of Cincinnati does not discriminate on the basis of disability, race, color, religion, national origin, ancestry, medical condition, genetic information, marital status, sex, age, sexual orientation, veteran status or gender identity and expression in its programs and activities. The following persons have been designated to handle inquiries regarding the University's non-discrimination policies:

Section 504, ADA, Age Act Coordinator  
340 University Hall, 51 Goodman Drive  
Cincinnati, OH 45221-0039  
Phone: (513)556-6381; Email: HRONESTP@ucmail.uc.edu  
Title IX Coordinator  
3115 Edwards 1, 45 Corry Blvd.  
Cincinnati, OH 45221  
Phone: (513) 556-3349; Email: title9@ucmail.uc.edu

For further information on notice of non-discrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> for the address and phone number of the office that serves the University, or call 1-800-421-3481.