



Mercy University (Westchester)

Exercise Science

Study details

Course type: Bachelor's degree

Degree: BS Exercise Science

Study mode: Full time

Duration: 48 Month

Cost of study

Cost : 23 330 USD

Reg. fee : N/A USD

Scholarship :

Insurance : N/A USD

Intake/s

Jan/May/Sep

Requirements

Minimum Required Score for English

- TOEFL - 71
- IELTS - 6.0
- Duolingo English Test (DET) - 105
- PTE - 48
- EIKEN - Pre-1

Average of 4 in at least 6 subjects

Documents needed for I-20 Issuance

- Copy of Picture Page in Valid Passport (should be valid 6 months into the future)
- I-20 Eligibility Form
- Recent bank statement (no more than 3 months old) of student OR sponsor, indicating enough funding for one year of tuition plus living expenses.
- Proof of income of sponsor (either recent pay stubs, recent tax statement, or letter from employer)
- Affidavit of support, signed by the student's sponsor

Once received, your documents will be reviewed by ISS within 48 hours. If anything additional is needed, International Student Services will inform you via email. Otherwise, your Form I-20 will be issued within 1-2 business days of receiving all documents. Once the I-20 is issued, ISS will send you a confirmation email with the Form I-20 attached and all relevant information on the next steps. The Department of Homeland Security allows the issuance of electronic I-20s.

Obtain your F-1 Visa

- Obtain the Form I-20: This form is issued by the educational institution. You will receive this form by email from Mercy University once you have satisfied all requirements for eligibility.
- Pay MANDATORY \$350 SEVIS fee: You must pay the SEVIS Fee prior to the visa interview at the U.S. Embassy in your country. In order to do so, you must have your I-20 Form to complete Form I-901 (online) and obtain the receipt or Form I-797. Please note that this process requires the use of a credit card.
- Complete the Online Nonimmigrant Visa Application (DS-160). This requires you to upload one (1) passport picture. Please make sure to carefully review the instructions prior starting the process.
- Prepare documents for visa interview: You must have a valid passport, letter of admission from the school, evidence of financial ability to meet expenses (original documents, no older than 3 months), and evidence of intent to depart the United States after completion of studies. During your interview, you will need to speak about (1) Who you are, (2) What your intent is in the U.S., (3) your plans to return home after completion of study, and (4) how you will cover the costs of studying and living in the U.S. You will be charged with a Machine Readable Visa fee and you will complete an ink-free finger print process during your F1 visa interview.

Please note that the Music Production and Recording, Nursing, Pre-Occupational Therapy Assistant and Veterinary Technology programs require supplemental documents
Accommodation

Westchester Campus

- State-of-the-art Fitness Center
- Victory Cafe - open late night
- Victory Gym - 5,000 square feet
- 5 outdoor tennis courts
- Soccer field
- Baseball field
- Three on-campus cafes

Founders Hall

- Single: 11 800 USD per year
- Standard Double: 10 850 USD per year
- Deluxe Double (half bathroom in room): 11 100 USD per year
- Triple: 10 200 USD per year
- Quad: 9,800 USD per year

Hudson Hall

- All Rooms (Suite Style) 11,200 USD per year

Speciality

Pathway International Year One is available

Additional information

Degree Overview

Graduates of our program are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing exercise prescriptions and motivating individuals to modify negative health habits and maintain positive life behaviors for health promotion in apparently healthy adults and those with controlled diseases.

Mercy's exercise science program is one of the only programs in the tri-state area to hold both CAAHEP accreditation through the American College of Sports Medicine (ACSM) and ERP designation by the National Strength and Conditioning Association (NSCA). You can choose one of 2 tracks, both leading to a B.S. in Exercise Science: Clinical or Performance

Exercise science is the study of the body's response to immediate and long-term physical activity, exercise and sport performance. Graduates of our program are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing exercise prescriptions and motivating individuals to modify negative health habits and maintain positive life behaviors for health promotion in apparently healthy adults and those with controlled diseases.

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This track prepares you for careers promoting optimal health in sports performance and physical activity. This track includes prerequisites needed to apply for athletic coaching, physical education, and other health and fitness professions.

Study Reasons

- Cutting-edge equipment (Bod Pod, metabolic cart, and more)
- Hands-on learning in real-world settings
- Active Exercise Science club