



Exercise & Sport Science

College of Science and Health

With a reputation as one of the outstanding programs in the country, the UW-La Crosse Exercise and Sport Science Department has a history of preparing quality professionals who are employed in all areas of the USA and around the world. With three areas of emphasis from which to choose, our graduates are well prepared to meet the challenges of a wide variety of careers.

Whether your interest is in teaching, coaching, fitness, or management, the Exercise and Sport Science Department is committed to helping each student achieve his or her maximum potential. Each student is assigned a faculty adviser to assist with academic and career decisions. Our highly acclaimed “learn by doing” reputation is further enhanced by providing students with hands-on educational experiences in their area of choice. While maintaining a strong tradition in activities and the sciences, the department also emphasizes innovative programs and activities designed to maintain healthy, active life styles.

The UW-La Crosse Exercise and Sport Science Department has been designated a *Center of Excellence* by the University of Wisconsin System. In addition to providing quality undergraduate preparation, the center provides expertise to faculty and practicing professionals in Wisconsin and throughout the nation through graduate and continuing education.

Undergraduate Programs

Major:

- Exercise and Sport Science
with emphases in:
Exercise Science
Fitness Track
Pre-Professional Track
*Physical Education Teaching Certification**
Sport Management

with concentrations in:

- Coaching Competitive Athletics*
*Adapted Physical Education**
(Minor)

*Teacher certification available

Department Features

Admission to Program

Students who want to major in exercise and sport science with an emphasis in physical education teaching, sport management, or exercise science must apply for entrance into those programs. Generally, this occurs between the end of a student’s freshman year and the beginning of their junior year. All applicants must earn at least a 2.75 cumulative grade point average (on a 4.0 scale) and successfully

complete a variety of introductory courses. A limited number of students are admitted each year. The rigorous entrance and academic requirements of these programs allow them to be of the highest quality. All programs require that students submit an application form, transcripts, resume, job shadow/clinical reflection paper, fitness test, and have an interview with the faculty. The teaching major also requires that students successfully complete the Pre-Professional skills test. Meeting minimum application requirements does not guarantee admission.

Facilities

Facilities include five gymnasiums, gymnastics area, dance studio, wrestling room, two strength training centers, three racquetball/wallyball courts, and two swimming pools. The fieldhouse contains a 200-meter track, 12 volleyball and badminton courts, six tennis courts, an indoor climbing wall, and high ropes elements. Facilities also include a well-equipped athletic training room, and anatomy-physiology and human performance laboratories. Outdoor facilities include softball, baseball, soccer, general-purpose fields, and the high ropes challenge course, *Marsh Quest*. These are some of the finest physical education/exercise science/sport facilities in the Midwest.

Fitness Emphasis

Students in this emphasis are prepared to assume positions requiring expertise in fitness testing/assessment, program design, and instruction in a wide variety of fitness related programs. Courses in health education/promotion, exercise and sport science, gerontology, youth and family fitness, and business administration strengthen graduates’ professional preparation. A full semester internship is required. Internship selection is made from a list of approved sites throughout the country. There are also options for an international internship experience for exceptional students.

Physical Education Teacher Certification Emphasis

Graduates of this teacher education curriculum are prepared to teach K-12 physical education in Wisconsin and other states. The innovative curriculum is current and includes courses in adventure education, the use of alternative classrooms such as challenge/ropes courses and climbing walls, outdoor pursuits, motor development instruction, sports model instruction, and health-related fitness.

Students are encouraged to choose a concentration or another major or minor. A minor is offered in adapted physical education and a concentration in coaching competitive athletics. The adapted physical education concentration

qualifies graduates to teach adapted physical education in schools and serve as activity specialists in programs for persons with disabilities.

Sport Management Emphasis

The program incorporates a broad base of coursework in many disciplines, including exercise and sport science, business, and communication. A full semester internship is required. Internship selection is made from a list of approved sites throughout the country. There are also options for an international internship experience for exceptional students.

Sample Courses

ESS majors include but are not limited to the following topics:

- Biomechanics
- Human Anatomy
- Human Motor Behavior
- Exercise Physiology
- Healthy-Active Lifestyles

Fitness courses:

- Exercise Leadership
- Nutrition in Sport
- Fitness Assessment
- Aging and Physical Activity
- Strength and Conditioning Methods

Sport Management courses:

- Planning Facilities for Physical Activities and Sport
- Economics
- Legal Implications for Sport and Activity
- Promotion of Fitness and Sports
- Principles of Marketing

ESS-Teaching courses:

- Individual and Team Sports
- Developmental Gymnastics
- Dance
- Adapted Physical Education
- Elementary and Secondary P.E. Methods
- Theory and Practice of Teaching Outdoor Activities
- Curriculum Development and Evaluation in P.E.

Career Opportunities

- Activity Specialist
- Aquatics Specialist
- Coach
- Exercise/Fitness Specialist
- Health/Fitness Club Program Director
- Industrial/Corporate Health Promotion
- Personal Trainer
- Physical Education Teacher (with teacher certification)
- Sports Director (youth or adult)
- Strength and Conditioning Specialist

Occupational Outlook

Placement of students with **Physical Education Teacher Certification Emphasis** has been outstanding. To enhance employment opportunities, graduates should be willing to relocate. Approximately 80% of our recent physical education teacher certification graduates were placed. Students should be aware that supply exceeds the demand for physical education teachers at all levels in Wisconsin. Even so, UW-L graduates are more likely to get teaching positions than graduates of other programs. Students can make themselves more employable with dual or multiple certifications, strong coaching competencies, aquatic background, adapted physical education concentration, or a physical education and health education combination.

Students in **Sport Management Emphasis** become highly trained managers who find success in a variety of careers within the sport enterprise. Most graduates are employed in the field, including positions in professional sports, athletic clubs, golf/tennis clubs, fitness centers, marketing directors, sport merchandising, university recreational sports and athletics programs, facility management,

swim fitness instruction, and YM/YWCA leadership positions.

Intern sites and employers across the country seek our **Fitness Emphasis** majors. For example, majors are employed or complete internships at facilities such as General Dynamics, San Diego Sports Medicine Center, University of California-San Diego Orthomed Wellness Center, Boeing in Seattle, WA, United States Olympic Training Centers, East Bank Club and Lutheran Hospital in Chicago. Many students also complete internships and/or are employed in Wisconsin and Minnesota.

The **Pre-Professional track** is designed to prepare students to enter graduate programs in the health professions, especially Physical Therapy and Occupational Therapy. The curriculum provides all the prerequisite courses that the Masters degree programs require. This program is a combination of science courses (biology, chemistry, physics, math) and exercise science courses.

Professional Associations

- American Alliance for Health, Physical Education, Recreation, and Dance
- American College of Sports Medicine
- American Worksite Health Association
- National Association of Sport and Physical Education
- National Strength and Conditioning Association
- North American Society for Sport Management

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