Do you want a career in sports management, fitness, physical education, adapted physical education or school health education?

UWL’s Exercise and Sport Science Department has a more than 100-year history of preparing professionals for these careers and related fields. The program has earned an international reputation and students gain hands-on experience working alongside leading researchers.

Each student in the program is assigned a faculty adviser to assist with academic and career decisions. Students can focus their major on one of three emphasis areas: physical, adapted or school health education teaching; sports management; or exercise science. The exercise science emphasis is specifically designed to prepare students for careers in fitness, health, and related fields, and they can choose a fitness track or pre-professional track.

What is exercise and sport science?

Exercise and sport science is the study of human movement as it relates to exercise and sport. Study ranges from how the body works at the cellular level to the broad, overarching activities and sports that can become a prescription to promote health and improve performance.

My time here at UWL has been nothing short of amazing. I am happy to call this beautiful city my second home.

Hannah Schwartz
What distinguishes UWL's Exercise and Sport Science program?

- **Strong reputation**
  The UWL 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.

- **Internationally-respected faculty**
  Professors are well-known in the industry and have conducted hundreds of exercise-related studies in collaboration with the American Council on Exercise. UWL professors have consulted with Olympic coaches and frequently serve as sources on exercise and fitness topics in national news.

- **Students have close connection to faculty**
  Each student is assigned a faculty adviser to assist with academic and career decision. Also, students will learn from faculty instead of teaching assistants.

- **Hands-on experiences**
  The program’s highly acclaimed “learn by doing” reputation is enhanced by providing students with hands-on educational experiences in their area of choice. Students have many opportunities to get involved in undergraduate research projects, internships, and other professional activities.

- **A top facility in the Midwest**
  UWL has one of the finest physical education, exercise science and sport facilities in the Midwest. Indoor facilities include: gymnasiums, gymnastics area, dance studio, wrestling room, strength training centers, racquetball/wallyball courts, and swimming pools, a 200-meter track, 12 volleyball and badminton courts, six tennis courts, an indoor climbing wall, and high ropes elements, 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.

- **Choose your focus area**
  Students can choose from one of three areas of emphasis within the program, preparing them to meet the challenges of a wide variety of careers. Whether they’re interested in teaching, coaching, fitness, medicine, therapeutic exercise or management, the Exercise and Sport Science Department is committed to helping students achieve their maximum potential.

- **Physical, Adapted, and School Health Education Teaching major engages with children**
  Students are provided an abundance of opportunities to work with school-aged children with and without disabilities during coursework. Students also have the opportunity to work with K-12 students and teachers in area classrooms and gymnasiums. A concentration in coaching competitive athletics is also available.

- **Sports Management program follows national guidelines**
  The Sport Management emphasis follows guidelines created by the Commission on Sport Management Accreditation (COSMA), which was established by the National Association for Sport and Physical Education (NASPE) and the North American Society for Sport Management (NASSM).