



Exercise & Sport Science

COLLEGE OF SCIENCE AND HEALTH

Undergraduate Programs

MAJOR:

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

MINOR:

- Adapted Physical Education*

CONCENTRATION:

- Coaching Competitive Athletics

* Teacher certification available

Sample Courses

- Biomechanics
- Human Anatomy
- Human Motor Behavior
- Exercise Physiology
- Healthy-Active Lifestyles
- Exercise Leadership
- Nutrition in Sport
- Fitness Assessment
- Aging and Physical Activity
- Strength and Conditioning Methods
- Planning Facilities for Physical Activities and Sport
- Principles of Marketing
- Economics
- Promotion of Fitness and Sports
- Legal Implications for Sport and Activity
- Individual and Team Sports
- Developmental Gymnastics
- Adapted Physical Education
- Elementary and Secondary P.E. Methods
- Theory and Practice of Teaching Outdoor Activities
- Curriculum Development and Evaluation in P.E.
- Dance

Department Overview

With a reputation as one of the outstanding programs in the country, the UWL 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 lifestyles.

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.

FACILITIES

Facilities include five gymnasiums, gymnastics area, dance studio, wrestling room, two strength training centers, 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.

View degree requirements:
www.uwlax.edu/catalog

Exercise & Sport Science Department
137 Mitchell Hall
608.785.8173
www.uwlax.edu/ess

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Program 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 (3.0 for the Pre-professional Track of the Exercise Science Program) 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. All programs require that students submit an application form, transcripts, resume, job shadow/clinical reflection paper, and fitness test. Programs other than Exercise Science require an interview. The teaching major also requires that students successfully complete the Pre-Professional skills test. Meeting minimum application requirements does not guarantee admission.

EXERCISE SCIENCE EMPHASIS

This emphasis is specifically designed to meet the needs of students interested in careers in fitness, health, and related fields. Students in this emphasis will choose between the fitness track and the pre-professional track.

Fitness Track

Students who select the fitness track are prepared for employment in the fitness industry including positions in fitness testing/assessment, program design, and instruction in a wide variety of fitness-related areas. Students are also prepared to enter a variety of graduate programs including fitness, health, human performance, and related areas. Courses in health education/promotion, exercise and sport science, conditioning, gerontology, youth and family fitness, and business administration strengthen graduates' professional preparation. A full semester internship is required. There are numerous internship options throughout the country and abroad.

Pre-Professional Track

Students who select the pre-professional track are prepared to enter graduate programs in which exercise is used as a form of therapy. These areas include physical therapy, athletic training, cardiac and pulmonary rehabilitation, and related fields. Students are also prepared for employment in the health and fitness industries. Courses include core exercise science classes along with basic science and health-care classes.

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.

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, UWL 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.

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

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