UNIVERSITY of WISCONSIN Superior

Exercise Science

- online program -

Distance Learning Center 715-394-8487 dlc@uwsuper.edu

UW-Superior's exercise science concentration in Physical Education is a broad based program that provides students interested in pursuing or completing a 4 year degree focused on the structure and function of the human body, nutrition, health and clinical exercise physiology the opportunity to pursue it in an online format. Students can utilize this degree to gain entrance to pre professional schools such as chiropractic, physical or occupational therapy or acquire a variety of jobs including but not limited to adult fitness or cardiac rehabilitation.

Individuals interested in completing a Bachelor's degree who are already in the work force are encouraged to apply to this program. Nurses, policemen, firefighters, health care employees are excellent candidates for this program.

Online Course Details

A majority of the exercise science concentration/ physical education major can be completed online. The anatomy and physiology course is offered in an accelerated form during the summer session.

The online anatomy and physiology course uses a virtual lab that lets students observe simulated reactions to exercise events. You should know that some post-bachelors professional programs may require that you also get hands-on experience with human subjects in addition to your anatomy and physiology coursework. If this is the case, students can take BIO 270/280 on campus or transfer in these credits from another university. Please speak with your advisor for guidance on how to meet such requirements.

The courses listed below can be completed by gaining a certification and receiving credit for prior learning.

- HLTH 158: Responding to Emergencies and Safety Education, 2 credits (Required certifications: American Red Cross certification for CPR-Adult and Child, First Aid, and AED)

FOR MORE INFORMATION CONTACT:

Email: dlc@uwsuper.edu
Phone: 715-394-8487
Toll-free: 1-877-528-6597

Website: **uwsuper.edu/distancelearning**

Mail: Distance Learning Center
105 Erlanson Hall
UW-Superior
Belknap & Catlin, PO Box 2000
Superior, WI 54880-4500

- HHP 403 Personal Trainer, 2 credits (Required certification: Personal Trainer through any NCCA-approved agency)

- HHP 312 Aquatic Safety, 1 credit (Required certification: American Red Cross Lifeguard or Shallow Water Attendant)

- HHP 413: Water Safety Instructor, 2 credits (Required certification: American Red Cross WSI)

There is a fee associated with the CPL process. See our website for additional course and career information at **uwsuper.edu/dl/facts**.