

EXERCISE SCIENCE

Comprehensive Concentration*
On-Campus and Online Delivery

Health and Human Performance Department

UW-Superior's Department of Health and Human Performance (HHP) provides students with cutting-edge learning experiences taught by faculty from diverse backgrounds across the health sector. Students graduate from the HHP department with a unique set of skills and experiences ready to launch into careers in health and fitness, clinical physiology, teaching, medicine and an array of graduate programs. As a leader in the healthcare industry, the Twin Ports offers endless hands-on learning experiences, internships and employment opportunities to make our HHP students stand out.

Program

UW-Superior's exercise science program provides the knowledge and skills necessary for a successful career in clinical exercise physiology, health and fitness. The program also lays the groundwork for entrance into graduate school for careers in exercise physiology, athletic training, physical therapy, occupational therapy, physician's assistant and many other allied health careers. This program equips graduates to promote human health and performance in a variety of career paths. Exercise science is one of several concentrations students are able to choose from while pursuing their degree in physical education.

What You'll Learn

Program coursework provides basic and advanced knowledge of the human body's structure and function in applied areas such as exercise physiology, pathophysiology, kinesiology and motor learning. Experiential learning is woven into coursework to enrich students' knowledge of research methods, leadership skills, and assessment. Coursework includes basic and applied sciences, nutrition,



exercise physiology, electrocardiography, exercise assessment/testing and prescription, research and hands-on learning experiences. Students graduate with a holistic understanding of wellness as they study the intersection of science and human performance.

Facilities

The Health and Human Performance Department houses the Kessler Exercise Physiology Laboratory, a multifunctional exercise physiology lab where students learn and perform research and apply techniques related to their coursework and career goals.

Capstone

Students will synthesize the theories, concepts, and skill competencies they have learned into a formal project. The student collaborates with their major advisor and an instructor to plan and gain final approval of the capstone project prior to their last semester of coursework before graduation. This capstone demonstrates each student's ability to apply theoretical concepts to real-world experiences and solidifies their readiness for a career in exercise science.

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“The professors are all very knowledgeable in the subjects they specialize in, and they do a great job of providing different ways of learning the material. Also, there are a lot of hands-on learning opportunities throughout the program.”

- Dante Bender | Exercise Science



*Comprehensive Concentration indicates that a minor is not required for degree completion

For questions or to arrange a tour, contact admissions | 715-394-8230

More information at uwsuper.edu/exercisescience

Involvement

The HHP Student Club is a great way for students in HHP programs to socialize, gain supplementary educational opportunities and attend conferences and events. Its goals are to:

- Encourage student membership in professional associations throughout the HHP majors
- Encourage and support local, regional and national conference attendance by students
- Promote student research and presentation of student research at meetings of professional associations
- Encourage professional development for all members
- Provide a social outlet for HHP majors
- Promote collaboration and communication between HHP majors



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