

UW-Superior's Exercise Science concentration in Physical Education is a broad based program that provides students interested in pursuing or completing a four-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.

Learn More

Students can utilize the 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, cardic rehabilitation or industrial medicine.

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

Let's talk Exercise Science

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 courses use a virtual lab that allows students to observe simulated reactions to exercise events. You should know that some post-bachelors professional programs may require 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 Biology 270/280 on-campus or transfer in these credits from another university. Please speak with an advisor for guidance on how to meet such requirements.

Credit for Prior Learning

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 for certification for CPR-Adult and Child, First Aid, and AED)
- HHP 403 Personal Trainer, 2 credits (Required certification: Personal Trainer through any NCCA-approved agency)
- HHP 312 Aquatic Safety, 1 credit (Require certification: American Red Cross Lifeguard or Shallow Water Attendant)
- HHP 413: Water Safety Instructor, 2 credits (Required certification: American Red Cross WSI)

For more information, contact:

Check us out

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