

# EXERCISE SCIENCE

## PHYSICAL EDUCATION MAJOR

## FOUR-YEAR CURRICULUM

### HEALTH & HUMAN PERFORMANCE DEPARTMENT

UW-Superior's Department of Health and Human Performance offers a broad range of programs that enable students to study:

- Physical Education
- Health
- Health Education
- Exercise Science

### THE EXERCISE SCIENCE PROGRAM

The Exercise Science major prepares students to work in the exercise professions including health and fitness, wellness and clinical exercise physiology (cardiac, pulmonary and metabolic disease rehab) in a hospital/clinical setting as well as preparing students for graduate school programs such as occupational or physical therapy, exercise physiology or biomedical sciences.

Students gain basic and advanced knowledge of the structure and function of the human body, nutrition and health and clinical exercise physiology. They also learn about research methods, leadership skills and assessment.

Practical experiences are encouraged through internships and Academic Service-Learning. Students are strongly recommended to earn American College of Sports Medicine (ACSM) certification or other accredited exercise credentials such as National Strength

and Conditioning Association (NSCA). Exercise Science majors can minor in Health, Sports Management, or Coaching to enhance career opportunities.

Find out more about UW-Superior's Exercise Science program online at [uwsuper.edu/acadept/hhp](http://uwsuper.edu/acadept/hhp).

### DEGREE POSSIBILITIES

The Exercise Science major leads to many health fields. Having a bachelor's degree in Exercise Science along with an advanced credential will assist one to pursue a position as an exercise professional. Programs marked with an asterisk (\*) are programs which require additional graduate work:

- Exercise Physiology
- Cardiopulmonary Rehabilitation
- Sports Nutrition
- Physician \*
- Physical/Occupational Therapy \*
- Personal Trainer
- Health and Fitness Educator
- Coaching
- Wellness Director
- Clinical Research Scientist \*
- Sports Psychology \*



### CAMPUS TOURS

A visit to UW-Superior offers an opportunity to tour our campus and meet with an Admissions counselor. We can arrange for you to meet a professor and sit in on a class of your choice. To arrange a tour, contact Admissions at [admissions@uwsuper.edu](mailto:admissions@uwsuper.edu) or **715-394-8230**.