

Exercise Science

Available on campus or online

Human & Health Performance Department

UW-Superior's Department of Health and Human Performance offers a broad range of programs, including:

- Physical Education
- Health
- Health Education
- Exercise Science

The Exercise Science Major

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. Students are also prepared 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 encouraged to earn certifications from the American Council on Exercise (ACE), the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM). Exercise science majors can minor in health, sports management, or coaching to enhance career opportunities.

Learn more about our on-campus or online exercise science program at uwsuper.edu/hhp.



Career Possibilities

The exercise science major leads to many health professions. A bachelor's degree paired with a graduate credential can open a multitude of opportunities in the health and wellness sector. Professions marked with an asterisk (*) 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*

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