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, cardiac 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

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.

There are two co-requisite courses requiring attendance on campus – HHP 282 Intro to Physical Assessment and HHP 363 Exercise Physiology. These courses last just two weeks and are directed by faculty members in the Exercise Science program.

Some UW-Superior scholarships are available for distance education students. Many resources are available online through the Jim Dan Hill Library at UW-Superior.

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 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 (Required 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:

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