Kinesiology (Human Performance emphasis)

At UW-Eau Claire

The Human Performance program is the largest emphasis within the department of Kinesiology and currently serves more than 300 undergraduates. You will gain in-depth knowledge in your field as you select from four areas of specialization: fitness management, health promotion, sport performance and pre-professional study.

Facilities for hands-on work

UW-Eau Claire’s Exercise Physiology Lab is a research facility where students gain hands-on experience evaluating human performance and researching fitness and performance. The Kinesiology department is dedicated to providing hands-on work that sets you apart from other graduates. The Physiology Lab is expanding in size and serves undergraduates— with commitment to undergraduate-level research.

Committed to the community

The Community Fitness Program allows undergraduate students to work in an adult fitness program each semester. The program attracts members of the Eau Claire community who are looking to begin a physical activity program. Students are responsible for working with clients in the areas of needs assessment, program planning, implementation and evaluation.

Certified success

The course work in the Exercise and Rehabilitation Science program will prepare you for professional certification in the field of health, fitness, disease management, or strength and conditioning. Students typically will pursue certifications from the American College of Sports Medicine, National Strength and Conditioning Association, National Academy of Sports Medicine or American Council on Exercise. Our graduates have achieved a nearly 100 percent pass rate for these various national certification exams.

Internship experience

Students are required to complete an internship for the major, and UW-Eau Claire kinesiology students compete for many national internships. The most popular sites for internships include fitness centers, hospitals, clinics, nursing homes and chiropractic centers.

Research for every student

The Journal of Undergraduate Kinesiology Research is a peer-reviewed journal founded for the purpose of publishing undergraduate student research and to provide undergraduate students with valuable experience in the peer-review and publication process. Senior Kinesiology/Human Performance majors are required to complete a research project, and outstanding research is submitted by faculty to national scholarly journals.

“Kinesiology students are presented with countless opportunities to apply what they are learning in the classroom. Class projects, lab experiences, internships and research endeavors equip students with tools to ensure their success as health and wellness professionals.”

— Jessica

Places our grads go:

- Research Assistant, University of Colorado Health Sciences Center, Denver, CO
- Exercise Physiologist, Fitcorp Healthcare, Boston, MA
- Fitness Instructor, Lifetime Fitness, Minneapolis, MN
- Wellness Coach, Group Health, Eau Claire, WI
- Personal Trainer/Group Fitness Instructor, The Marsh, Minnetonka, MN
- Function First in San Diego, CA
- Train 4 the Game in Austin, TX
- Verizon Wireless in Irvine, CA
- Med X of Estes in Estes Park, CO
- Land’s End Comer Health and Fitness Center in Dodgeville, WI
- U.S. Olympic Training Center in Colorado Springs, CO
- Colorado Springs, CO
- Lifetime Fitness in Minneapolis, MN
- Med X of Estes in Estes Park, CO
- Train 4 the Game in Austin, TX

Our graduates

Typical careers for graduates in this field include personal training at fitness centers, performance training for athletes and teams, research, worksite-health promotion and cardiac rehabilitation. Many students choose to continue their education in this field.

Majors

Kinesiology
- Athletic Training (see separate Fact Sheet)

Areas of emphasis

- Kinesiology-Human Performance offers four areas of specialization:
  - Fitness Management
  - Health Promotion
  - Sport Performance
  - Pre-Professional
    - Pre-Physical Therapy
    - Pre-Occupational Therapy
    - Pre-Chiropractic

Minors

Science of Coaching
- Adaptive Physical Education
- Kinesiology

Did you know?

UW-Eau Claire has partnered with internship sites across the U.S. You could go to:

- Function First in San Diego, CA
- Verizon Wireless in Irvine, CA
- Cooper Institute in Dallas, TX
- Health Fitness Corporation in Minneapolis, MN
- Land’s End Comer Health and Fitness Center in Dodgeville, WI
- Lifetime Fitness in Minneapolis, MN
- Luther Midelfort Hospital in Eau Claire, WI
- Med X of Estes in Estes Park, CO
- U.S. Olympic Training Center in Colorado Springs, CO
- Train 4 the Game in Austin, TX

Recognition

We are recognized by the National Strength and Conditioning Association (NSCA) for certified strength and conditioning.

note:

Admission requirements

- G.P.A. 2.75
- individual performances in 3 classes: Kins 304, 308, 309
- resume and application
- students can apply during sophomore year
- 40% is G.P.A., 24% outside requirements, 36% is performance

www.uwec.edu/kin