Exercise Science

Whether you plan on starting your career right away or pursuing graduate school, the exercise science major will prepare you for fields like personal training/fitness, strength and conditioning, wellness, health promotion, and fitness and health management. Our program gives you an edge, with opportunities for undergraduate research with world-class physicians and community outreach programs that will build your professional experience.

Major

Comprehensive major (no minor required)
- Kinesiology - Exercise Science

Where you'll find our grads

- Strength and Conditioning Coordinator, Elite Athlete Services (Chula Vista, CA)
- Wellness Coach, Group Health (Eau Claire, WI)
- Chronic Disease Prevention Coordinator, Fon du Lac Family YMCA (Fon du Lac, WI)
- Research Assistant, University of Colorado Health Sciences Center (Denver, CO)
  - Exercise Physiologist, LifePoint Health (Watertown, WI)

Prepared for Success

The coursework in the exercise science program prepares students for professional certification in the fields of health, fitness, disease management, or strength and conditioning. Students usually 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 maintain a nearly 100 percent pass rate for these national certification exams. Typical careers for graduates in this field include personal training at fitness centers, performance training for athletes and teams, research, worksite health promotion, and coaching. Many students choose to continue their education in graduate school.

“My experience in kinesiology was irreplaceable. I was presented with opportunities to conduct research, train my own clients, and complete a 12-week internship. All of which provided memories and knowledge that put me ahead in my career and made my time at Eau Claire some of the best years of my life!”
— Megan Kidd | Human Performance ‘14

Contact Info:

Kinesiology
McPhee Physical Education Center
509 University Drive
715-836-3840 | kinesiology@uwec.edu
Exercise Science (continued)

Why UW-Eau Claire

Hands-On Experience
Students put their education into practice with outreach programs offered by the Department of Kinesiology, helping community members from diverse populations improve their health while also gaining valuable experience that will give them an edge in their career. A broader, theoretical emphasis on diversity is included in program coursework as a supplement to the experiential learning pieces that are a big part of the program. Outreach programs include:

- Cancer recovery and fitness program
- Community fitness program
- P.R.I.D.E. Program (Physical activity and Recreation for Individuals with Disabilities in the Eau Claire area)
- P.R.I.D.E. Program for adults
- Homeschool physical education

Internships
Many opportunities exist for an exercise science internship, including competitive national internships. The most popular sites for internships include fitness centers, hospitals, clinics, nursing homes, and strength and conditioning centers. We have internships available right here in our community and across the country:

- Momentum Sport Fitness, Eau Claire, WI
- Bellin Health, Green Bay, WI
- Boeing Fitness Center, Huntington Beach, CA
- Train 4 the Game, Austin, TX

Research Opportunities
Students enjoy individualized attention from dedicated faculty as they dive into their research interest, and they collaborate with world-class physicians under the new master collaborative research agreement between UW-Eau Claire and Mayo Clinic Health System. Exercise science majors complete a senior research project, and outstanding research is submitted by faculty to national scholarly journals, like the International Journal of Research in Exercise Physiology—a peer-reviewed journal founded for the purpose of publishing undergrad student research and providing undergraduates with valuable experience in the peer-review and publication process.

Innovative Facilities
The Kinesiology Department is dedicated to providing hands-on work that sets our students apart. Outside of the classroom, students work in the Exercise Physiology Lab, a research facility where they get hands-on experience evaluating human performance and researching fitness and performance. The Exercise Physiology Lab is expanding in size to allow even more undergraduate-level research. Preliminary plans have also been laid out for the Sonnentag Event and Recreation Complex. As currently envisioned, the complex will include YMCA, UW-Eau Claire and Mayo Clinic Health System wellness, aquatics and recreation facilities, providing even more opportunity for kinesiology students to have professional experiences.

Suggested Freshman Curriculum

- Anatomical Kinesiology
- Exercise Science secondary choice
- Exercise Science secondary choice
- Orientation to Kinesiology
- Physical Science or Physics I
- University writing requirement - depending on placement exam

Special Admission Guidelines
Admission Requirements:

- 2.5 GPA
- Completion of the following classes with a grade of “C” or above: Kins 304, 308, 309
- Sophomore standing

The Power of AND

University of Wisconsin Eau Claire