Human Performance

The Human Performance program is the largest emphasis within the department of Kinesiology and currently serves more than 300 undergraduate students. 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.

Prepared for Success

The course work in the human performance 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.

Majors

Comprehensive majors (no minor required)

- **Kinesiology** - Human Performance, Fitness Management
- **Kinesiology** - Human Performance, Health Promotion
- **Kinesiology** - Human Performance, Pre-Professional
- **Kinesiology** - Human Performance, Sport Performance

Where you'll find our grads

- Fitness instructor, Lifetime Fitness, Minneapolis, MN
- Wellness Coach, Group Health, Eau Claire, WI
- Personal Trainer/Group Fitness Instructor, The Marsh, Minnetonka, MN
- Research Assistant, University of Colorado Health Sciences Center, Denver, CO
- Exercise Physiologist, Fitcorp Healthcare, Boston, MA

Why UW-Eau Claire

Hands-On Experience

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.

Internships

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 Opportunities

The Journal of Undergraduate Kinesiology Research is a peer-reviewed journal founded for the

“I got the opportunity of a lifetime to study abroad in Japan and stay with a host family. Experiencing their values and traditions was extraordinary as well as participating in sessions held at the University of Tsukuba and seeing Tokyo”

— Paul Kroska | Physical Education Teaching Major, alum

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Human Performance (continued)

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.

Innovative Facilities

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.

Suggested Freshman Curriculum

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.

Special Admission Guidelines

Admission Requirements:

- 2.75 GPA
- Individual performances in 3 classes: KINS 304, 308, 309
- Resume and application
- Sophomore standing

Forty percent of admission is GPA, 24 percent is outside requirements, and 36 percent is performance.