

## COLLEGE OF EDUCATION

**KINESIOLOGY AND SPORT SCIENCES****EXERCISE SCIENCE**

Designed for those who will pursue further education in health and fitness after completing a bachelor's degree. Students who desire to attend professional school in areas such as Physical Therapy, Physician's Assistant, Occupational Therapy or Chiropractic. Courses include anatomy, physiology, kinesiology, health promotion, nutrition, fitness evaluation, strength program design, and research design. A minor is required to complement the major. Suggested minors include Health Science, Public Health, Biology, Chemistry or Psychology. Courses are held in the new state-of-the-art Physical Activity and Wellness Laboratory, which is over 7,000 square feet of academic, research and faculty space including a demonstration kitchen and private exercise room. Students may choose to apply to be part of the undergraduate research fellows program and work with one of five exercise science faculty to experience research in exercise science. Faculty have mentored students from research idea development through international presentation and publication as undergraduate students.

**What is Exercise Science?**

- Exercise Science is the study of physical activity to promote health, and the use of exercise to enhance sports performance.
- Exercise Science students learn how the human body responds and adjusts to a single session of exercise, the long-term adaptations in the body that occur with training, and how exercise benefits individuals and society.
- Students will study nutrition, learn the names of the parts of the human body (anatomy) how the human body works (physiology) and apply this knowledge to improve health, fitness, and sports performance. Students also learn how to adopt healthy behaviors for themselves and others.

**Alumni profile**

"I began my journey at UNK as a pre-med student, unsure about what I wanted my major to be. My indecisiveness led me to a Health Science Majors panel where I was fortunate enough to hear Dr. Brown, a professor in the department, explain what the major was all about and what types of jobs were possible in this area of study," said Danielle Perry, a 2014 graduate from Kimball, Nebraska.

**DANIELLE PERRY**

"I have benefited more from the exercise science program at UNK than I could ever describe. The strong foundational knowledge in human physiology, exercise assessment, public health promotion, and research made graduate school easier, and continues to prove beneficial for my current job as a Registered Dietitian in a sports setting," Perry said.

While at UNK, Perry completed an internship with Buffalo County Community Partners to help implement a multimedia public health campaign called Activate Buffalo County. "This internship was helpful in learning how to communicate important health messages to the public through different forms of media and in gaining experience with the process of planning and implementing a campaign," Perry said.

Perry now continues her career with the University of Georgia Athletic Association as a Mote Family Sports Nutrition Fellow. She provides medical nutrition therapy to individual athletes and educates teams about the effect of nutrition on health and performance.

## EXERCISE SCIENCE

### FOUR YEAR CLASS SCHEDULE: BACHELOR OF SCIENCE

The schedule is a guideline for progress toward a degree. Consult with your academic adviser.

<p><b>Semester 1 (15 credits)</b></p> <p>ENG 102 Academic Writing/Research                      SPCH 100 Fundamentals of Speech                      MATH 102 College Algebra                      PE 150 Healthy, Wealthy and Wise                      FSID 110 Intro to Nutrition</p>	<p><b>Semester 2 (14 credits)</b></p> <p>GS 188 Portal                      PSY 203 Psychology                      PHYS 205 Physics (with lab)                      GS Humanities</p>
<p><b>Semester 3 (16 credits)</b></p> <p>STAT 241 Elementary Statistics                      CHEM 145 Intro to Chemistry                      PE 305 Fitness Leadership                      PE 310 Intro to Human Physiology                      GS Democracy</p>	<p><b>Semester 4 (14 credits)</b></p> <p>GS Humanities                      PE 360 Human Anatomy and Kinesiology                      PE 329 Intro to Health Promotion                      PE 110 Basic Sports                      Minor Course</p>
<p><b>Semester 5 (14 credits)</b></p> <p>GS Aesthetics                      PE 461 Physiology of Exercise                      Minor Course (x2)                      Elective</p>	<p><b>Semester 6 (15 credits)</b></p> <p>PE 467 Fitness Testing                      GS 388 Capstone                      Minor Course (x3)</p>
<p><b>Semester 7 (14 credits)</b></p> <p>PE 422 Administration of Strength Prog.                      PE 469 Sports Nutrition (or Special Topics in Exercise Nut.)                      PE 468 Public Health Aspects of PA                      Minor courses (x2)</p>	<p><b>Semester 8 (16 credits)</b></p> <p>REC 477 Internship                      PE 475 Research Methods                      PE 496 Professional Readiness in Exercise Science                      Elective (8 credits worth)</p>



### STUDENT PROFILE – Nick Wenz

“My favorite parts of the exercise science program are the faculty and the hands-on environment. While the professors can be demanding, they are also great instructors and most importantly, good people,” Nick Wenz said.

Wenz is from Grand Island and will graduate in May 2017. “I chose to major in exercise science because it appealed to my background in athletics. I think that the hands-on nature of the

curriculum gives me an advantage in my future career. It will allow me to work with people in the community through activities like BMI screenings and Nebraska Kid Fitness and Nutrition Day,” he said.

“I am thankful for my time in Exercise Science at UNK. I would strongly recommend Exercise Science to anyone who wants to pursue a career in health care,” Wenz said. He plans to take the MCAT after graduation to apply to medical school and pursue a career in the health care field.

## Why choose Exercise Science?

- In classes students practice their skills on each other and community members. Students also have ample opportunities to gain experience in adult and youth fitness programs, community service, and otherwise prepare for their chosen career.
- Exercise Science faculty are actively involved in mentoring students in undergraduate research.

## Career opportunities:

- Pre-Physical Therapy
- Pre-Occupational Therapy
- Pre-Physician Assistant
- Pre-Nursing
- Pre-Chiropractic
- Clinical Exercise Physiology
- Graduate school
- Human and Sport Performance
- Cardiac Rehabilitation
- Physical Activity Promotion

## Suggested Minors:

- Requires a minor - health science or public health

## Internship Opportunities:

Students in the Exercise Science major complete a four-hour internship to gain some additional hands-on experiences working with individuals. Internships are typically done locally while attending classes. Students have been placed with chiropractors, physical therapy clinics, sports medicine facilities, hospital settings and community outreach.

**YOU CAN BE  
PART OF THE UNK  
EXPERIENCE**

For more information, contact:

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