

## COLLEGE OF EDUCATION

**KINESIOLOGY AND SPORT SCIENCES****EXERCISE SCIENCE: FITNESS AND WELLNESS COMPREHENSIVE**

The Exercise Science Fitness and Wellness Comprehensive major is designed for those who want to be personal trainers, strength and conditioning coaches, nutrition educators, wellness coordinators, or otherwise enter the health and fitness industry after completing a bachelor's degree. Courses include anatomy, physiology, kinesiology, health promotion, nutrition, fitness evaluation, strength program design, marketing, management and research design. 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.

**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**

“As a senior in high school after taking a college visit and having an academic appointment, I walked away feeling confident that UNK was going to be the school I was going to attend,” said J.P. Rech, a graduate assistant for the health and physical education program and volunteer assistant coach for the cross-country team.

**J.P. RECH**

“Everyone at UNK is friendly and welcoming and there is a strong sense of community on campus. I also came to UNK to become a student athlete, which has contributed greatly to my success. Ultimately, I knew that at UNK I was going to be held accountable. Exercise Science was always a major that caught my attention because I find health, physical activity, and the functions of the body to be intriguing. I went with what felt right for me and it worked out because I never once thought about changing my major,” he said.

“The professors take a lot of pride in preparing you for a career and take the time to work with students on a personal level. It was a lot of fun getting to know many other students with similar career interests and being able to grow and develop into professionals with them,” Rech said.

“I was able to learn about who I am as a person. When you come to college you have to start functioning in a more independent way. I truly believe I have become an all around better person and I give a lot of credit to the professors I was able to surround myself with at UNK,” he said.

**EXERCISE SCIENCE: FITNESS AND WELLNESS COMPREHENSIVE**  
**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                  PE 265 Advanced First Aid                  GS Natural Sciences                  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                  Elective</p>
<p><b>Semester 5 (15 credits)</b></p> <p>GS Aesthetics                  PE 461 Physiology of Exercise                  REC 300 Volunteer Practicum                  REC 422 Facilities in Recreation                  SPCH 240 or 301 Public Speaking for Professionals</p>	<p><b>Semester 6 (15 credits)</b></p> <p>PE 467 Fitness Training                  PE 473 Special Topics in Exercise Nutrition                  REC 354 Programming                  GS 388 Capstone                  SOC 100 Intro to Sociology</p>
<p><b>Semester 7 (15 credits)</b></p> <p>PE 422 Administration of Strength Prog.                  PE 469 Sports Nutrition                  BMGT 301 Principles of Management (or PE 430 Organization and Administration)                  BMKT 300 Principles of Marketing                  Elective (4 credits worth)</p>	<p><b>Semester 8 (14 credits)</b></p> <p>REC 477 Internship                  PE 496 Professional Readiness in Exercise Science                  PE 468 Public Health Aspects of PA (WI)                  PE 475 Research Methods of Exercise Science (or REC 485 Research in Tourism, Rec. and Sport)</p>

**Internship Opportunities:**

The purpose of internships is to explore career interest, develop skills and gain experience. Students work with their advisor to determine a suitable internship that fits their career goals. Students have the option to do their required internship in Kearney or travel outside the community.

- **Campus:** Physical Activity and Wellness Laboratory, UNK Loper Athletics Strength and Conditioning
- **Community:** Family Physical Therapy, New West Ortho Surgical Center, CHI Good Samaritan, HyVee
- **State & national level:** Corporate wellness settings for Boeing Corporation in Seattle, Washington; GTE headquarters in Stamford, Connecticut; Union Pacific in Omaha, Coors Corporation in Golden, Colorado; IBM headquarters in Louisville, Colorado; and Lincoln Industries in Nebraska. Interns have also been placed at the Cooper’s Aerobic Center in Dallas and fitness clubs in Georgia, Nebraska and Florida. Strength and Conditioning athletic rooms at UNL, Florida, Georgia and across the country

**EXERCISE SCIENCE: FITNESS AND WELLNESS COMP.**

While most of the courses from the Exercise Science degree program overlap with the Fitness and Wellness Comprehensive program, some do vary. Please talk with your academic advisor or visit the website below for more information.

<http://aaunk.unk.edu/catalogs/current/bs/bspeexsc.asp>

**Career opportunities:**

- Personal Trainer
- Strength and Conditioning coach
- Community Health educator – nutrition/ physical activity
- Corporate Wellness
- Cardiac rehabilitation
- Clinical exercise physiologist
- Nutrition educator

**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.

“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.”

**Danielle Perry, a 2014 graduate from Kimball, Nebraska**

**For more information, contact:**

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