Program of Study

Students pursuing a Bachelor of Science degree in Exercise Science complete the Department of Kinesiology’s common five classes (15 semester hours [sh]): Anatomy & Physiology I, Motor Behavior, Sport and Exercise Psychology, Physiology of Exercise, and Biomechanics. Exercise Science majors also complete coursework in the following: Anatomy & Physiology II, Introduction to Physical Wellness, Fitness Activities for the Older Adult and Special Populations, Principles and Leadership of Stress Management Techniques, Leadership in Cardiovascular Exercise and Resistive Exercise, Exercise Stress Testing, Exercise and Wellness Programming, and Personal Training. Exercise Science majors also complete a 12 sh internship at a site of their choosing during their last semester before graduation and a minor (16 to 20 sh) in fields such as business, gerontology, nutrition, or other related areas. Students can also complete a block of classes in the area of strength training that is recognized by the National Strength and Conditioning Association.

Faculty

Courses are taught by faculty members who hold degrees earned from universities across the United States and who are actively engaged in scholarship activities such as writing books and book chapters, conducting research, and making scholarly presentations at professional conferences. Faculty members hold certifications such as those offered through the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

Scholarships

The Department of Kinesiology annually awards 20 scholarships that are named for distinguished former faculty, chairpersons, associate deans, and alumni. Two McKee Scholarships and one Alumni Scholarship are awarded to incoming freshmen. The Yeast Scholarship is awarded to an incoming transfer student from an Illinois community college with a minimum 3.0 grade point average (GPA). The Brophy, Dittus, Garner, Hughes, McGuinness, Westendorf, and Sharp Scholarships are available to juniors and seniors, and the Mings Scholarship is awarded to a Kinesiology major who is also a Western athlete. Detailed information on scholarships is available from the department advising office, (309) 298-2176, or on the Web at wiu.edu/Kinesiology or wiu.edu/Scholarship.

Honors in Kinesiology

To be eligible for the Centennial Honors College, entering freshmen must have an ACT composite score of at least 28 OR have a 26 or 27 composite ACT and be in the top 15% of their graduating class OR have an ACT composite score of at least 24 and be in the top 10% of their high school graduating class. A comparable SAT score is acceptable. Transfer and current WIU students who wish to join the Honors College (including the Quad Cities Honors Program) must have a 3.4 GPA on a 4.0 scale based on 12 or more semester hours. Honors credit is given for honors coursework completed at other accredited institutions. To find out more, visit wiu.edu/Honors.

General honors seminars in the humanities, sciences, and social sciences provide students with the opportunity to explore key academic issues with distinguished faculty members. In the Kinesiology major, honors students take three required courses for honors credit and complete an honors thesis during their senior year under the direction of a department faculty member.
Student Activities
Exercise Science majors are encouraged to be members of the Exercise Science Student Association (ESSA) through which they can further their scholarship, leadership, service, and professional skills. Students demonstrating academic excellence are invited to join Phi Epsilon Sigma, the departmental honor society. In addition, a wide variety of student activities and organizations are also available to Western students (learn more at wiu.edu/osa).

Special Opportunities
The Department of Kinesiology is located on the north edge of campus in Brophy Hall. The facility contains a gymnasium, pool, dance studio, fitness room, weight room, athletic training facilities, and laboratory spaces, plus five electronic classrooms and two computer labs. The average class size in Exercise Science courses is 22 students.

After Graduation
Graduates in this field have successful careers in the following areas: corporate, public, and private health and fitness professions; education; research; strength and conditioning; cardiac rehabilitation; and personal training. Many graduates go on to complete certification requirements through the American College of Sports Medicine, the National Strength and Conditioning Association, and USA Weightlifting.

For More Information
Visitors are welcome. If you have questions please contact us via e-mail at kinesiology@wiu.edu or by phone at (309) 298-1981. You can also visit our website at wiu.edu/Kinesiology.

Higher Values in Higher Education
Located in Macomb (population 20,000), with a campus in the Quad Cities (Moline, IL), Western offers a caring and supportive learning environment to more than 10,000 students in west-central Illinois. Western students have all the advantages of a large public university—strong faculty, state-of-the-art technology and facilities, and a wide range of academic and extracurricular opportunities—in an atmosphere free from distractions. Western offers a broad-based athletics program, sponsoring 19 NCAA Division I intercollegiate varsity sports. Football competes in the NCAA Division I Football Championship Subdivision through the Missouri Valley Football Conference; all other varsity sports compete at the Division I level through The Summit League. Western’s presence in the Quad Cities spans more than 40 years, and that campus offers undergraduate and graduate programs to more than 1,400 students. The core values that are at the heart of the University are academic excellence, educational opportunity, personal growth and social responsibility.

Western’s GradTrac and Cost Guarantee programs ensure that students can achieve their degrees within four years while paying a fixed rate for tuition, fees and room and board.

Western Illinois University is an Affirmative Action and Equal Opportunity employer with a strong commitment to diversity. In that spirit, we are particularly interested in receiving applications from a broad spectrum of people, including, but not limited to, minorities, women and individuals with disabilities. WIU has a non-discrimination policy that includes discrimination based on an individual’s membership in the following classes: sex, race, color, sexual orientation, gender identity, gender expression, religion, age, marital status, national origin, disability, genetic information, veteran status, and any other classes protected by state or federal law.

Campus Visits
The Admissions Reception Center (Sherman Hall 115) is open most weekdays from 8:00 AM to 4:30 PM when the University is in session. Group information sessions are available on Mondays and Fridays at 10:00 AM and 1:00 PM, and individual appointments can be made on Tuesday, Wednesday, and Thursday. Campus tours are conducted at 11:00 AM and 2:00 PM, Monday through Friday. Appointments with advisers, faculty, or a financial aid adviser may be arranged separately during the week. The Admissions Reception Center is open from 9:00 AM to 1:00 PM most Saturdays when the University is in session. A group information session is available at 10:00 AM, and a campus tour is conducted at 11:00 AM. You may schedule your visit or tour online at wiu.edu/admissions by selecting “Visit Campus.” You may also schedule a visit, tour, or individual appointment by calling toll free (877) PICKWIU (742-5948) or (309) 298-3157, or by e-mailing admissions@wiu.edu.