



WESTERN ILLINOIS UNIVERSITY

Exercise Science

Department of Kinesiology, College of Education & Human Services

Program of Study

All students pursuing a Bachelor of Science degree in Exercise Science complete the Kinesiology department's common core of 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 Target Populations, Principles and Leadership of Stress Management Techniques, Leadership of Aerobic 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 nutrition, business, 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. Some of the faculty members hold certifications offered through the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

Scholarships

The Department of Kinesiology annually awards 19 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. The Brophy, Dittus, Garner, Hughes, McGuinness, 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. Transfer students with at least 12 SH and up to 59 SH of undergraduate courses are admitted with a GPA of at least 3.3 OR 3.4 for 60 SH or more. 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.

HIGHER VALUES IN HIGHER EDUCATION

Student Activities

Students with an overall GPA of 3.0 and a major GPA of 3.2 are invited to join Phi Epsilon Sigma, the departmental honor society. In addition, all Exercise Science majors are encouraged to be members of the Exercise Science Student Association (ESSA). A wide variety of student activities and organizations are also available to Western students. Learn more at <http://osa.wiu.edu>.

Special Opportunities

The Department of Kinesiology offers small classes with accessible faculty in Brophy Hall, a modern and well-maintained facility located on the north edge of the campus. Several laboratory facilities provide opportunities for students to apply information presented in class to real-world situations. The Human Performance, Biomechanics, Perceptual Motor, Pedagogy, and Athletic Training Rehabilitation Labs contain state-of-the-art equipment. In addition, Brophy Hall has four electronic classrooms, a general-purpose computer lab, and wireless Internet access. Faculty in the Kinesiology department, together with faculty from the Departments of Health Sciences and Dietetics, Fashion Merchandising, and Hospitality are members of the Bella Hearst Institute for the study of the effect of Type I diabetes on college students.

After College

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, National Aerobics and Fitness Trainer's Association, the National Strength and Conditioning Association, and USA Weightlifting.

For More Information

Visitors are welcome. If you have questions, call the department office at (309) 298-1981, e-mail kinesiology@wiu.edu, contact the undergraduate adviser at J-Standard@wiu.edu or (309) 298-2176, or visit wiu.edu/Kinesiology.

Higher Values in Higher Education

Located in Macomb (population 20,000), with a campus in the Quad Cities (Moline, IL), Western Illinois University offers a caring and supportive learning environment to more than 13,000 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 Illinois University is a member of the NCAA and competes at the Division I level, sponsoring 20 intercollegiate sports in a broad-based athletics department. Western's presence in the Quad Cities spans more than 40 years, and that campus offers undergraduate and graduate programs to more than 1,500 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 programs guarantee that students can achieve their degrees within four years while paying a fixed rate for tuition, fees, 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 sex, race, color, sexual orientation, gender identity and gender expression, religion, age, marital status, national origin, disability, or veteran status.

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 at 10:00 AM and 1:00 PM, and campus tours are conducted at 11:00 AM and 2:00 PM daily. Individual appointments with an admissions counselor, advisers/faculty, or a financial aid adviser may be arranged during the week. The Admissions Reception Center is open from 9:30 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. An individual appointment with an admissions counselor may be arranged. You may schedule your visit or tour online at admissions.wiu.edu 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.



wiu.edu/Kinesiology

Department of Kinesiology

Brophy Hall 212 • Western Illinois University
1 University Circle • Macomb, IL 61455-1390
Phone: (309) 298-1981



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