

# APPLIED HUMAN AND SPORT PHYSIOLOGY

The movement of the human body is remarkable — and understanding it is key to helping people heal, perform, and thrive. In the Applied Human and Sport Physiology program, you'll study anatomy, physiology, biomechanics, and injury identification, treatment, and prevention while building a strong foundation in both basic and applied sciences. Your coursework and hands-on experiences will prepare you for careers and graduate study in athletic training, physical therapy, occupational therapy, chiropractic medicine, physician assistant programs, exercise physiology, biomechanics, kinesiology, and other allied health and wellness professions. Along the way, you'll gain valuable experience through classroom learning, research, conferences, and job shadowing.

## fast facts

**Credit hours:** 57

*Students must also take 30 credit hours of General Studies courses. A total of 120 credit hours are needed to graduate from WSC. Additional majors or minors can be added to help meet graduation requirements.*

**Degree options:** B.A. or B.S.

**Department:** Health, Human Performance, and Sport

**School:** Science, Health, and Criminal Justice

**Popular pairings:** Biology, Foods and Nutrition, Psychology, Public and Global Health, Spanish

## focus on results

### Skills Learned

- Anatomical dissection
- Body composition assessment
- Functional movement assessment
- Health status and risk factor identification
- Prevention and care of injuries
- Fitness appraisal
- Injury evaluation and rehabilitation
- Exercise technique and prescription
- Biomechanical or motion analysis
- Chemistry and lab techniques
- Nutritional assessment

### Possible Careers

- Physical therapist
- Occupational therapist
- Chiropractor
- Exercise physiologist
- Sports lab research technician
- Wellness program coordinator
- Health education specialist
- Athletic trainer
- Corrective exercise specialist

### Types of Employers

- Hospitals or medical clinics
- Sports rehabilitation clinics
- Physical therapy offices
- Sports teams or clubs
- Schools, colleges, and universities
- Assisted living facilities
- Government programs
- Non-profit organizations
- Sports labs and research facilities
- Sports equipment manufacturers
- Gyms or fitness centers
- Community wellness centers

## outside the classroom

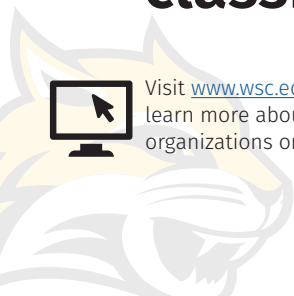
### Activities / Opportunities

- Attend state, regional, and national conferences for the National Strength and Conditioning Association, National Athletic Trainers' Association, and American College of Sports Medicine
- Attend Center for Neuroscience, Orthopaedics, and Spine sports medicine clinics

### Clubs / Organizations

- Exercise is Medicine on Campus (EIM-OC) Club
- Health Science Club
- Pre-Physical Therapy / Pre-Occupational Therapy Club

Visit [www.wsc.edu/clubs](http://www.wsc.edu/clubs) to learn more about clubs and organizations on campus.



The following courses are required for the program of study described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for registering and taking these courses, please consult the current academic catalog and your advisor.

## Program courses

For CAT 3, take MAT 180 Applied Probability and Statistics. For CAT 5, take PSY 101 General Psychology. For CAT 7, take BIO 110 Biology Concepts. For CAT 9, take FCS 207 Nutrition.

### Applied Human and Sport Physiology Content Courses

BIO 220 Human Anatomy.....	4
BIO 340 Human Physiology.....	4
CHE 106 General Chemistry I.....	4
CHE 107 General Chemistry II.....	4
PED 130 Introduction to Exercise and Allied Health Professions.....	3
PED 227 Weight Training.....	1
PED 275 Prevention and Care of Athletic Injuries.....	3
PED 305 Exercise Physiology.....	3
PED 351 Biomechanics.....	3
PED 357 Principles of Strength and Conditioning.....	3
PED 400 Exercise and Clinical Populations.....	3
PED 456 Lower Extremity Evaluation.....	3
PED 457 Upper Extremity Evaluation.....	3
PED 458 Rehabilitation of Musculoskeletal Injuries.....	3
PED 470 Fitness Evaluation and Assessment.....	3
PED 472 Advanced Fitness Assessment, Exercise Prescription, and Applied Research.....	3
PED 480 Assessment Seminar.....	0
PED 495 Research Design in Sports Medicine.....	3
PHY 201 General Physics I.....	3
PHY 321 Physics Laboratory I.....	1

## Student learning outcomes

1. Demonstrate understanding of how the human body functions at rest and during exercise in healthy, injured, and diseased populations.
2. Assess risk factor, health status, and fitness level, to develop safe and effective exercise prescriptions for healthy, athletic, and clinical populations.
3. Identify appropriate prevention, assessment, management, and treatment methods for common athletic and orthopedic injuries.
4. Critique published research related to allied health, human performance, or wellness.

# health, human performance, and sport faculty

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Visit [www.wsc.edu/health-human-performance-sport-department](http://www.wsc.edu/health-human-performance-sport-department) to learn more about the Department of Health, Human Performance, and Sport.

