EXERCISE SCIENCE, PHYSICAL EDUCATION, AND RECREATION DEPARTMENT

Department Chair: Steve McClaran
Faculty: Bowan, Clark, Conroy, Dallam, Rochester
Lecturers: Hanenberg, Marley

The mission of the Department of Exercise Science, Physical Education, and Recreation is to prepare students for professional positions and leadership roles in Exercise Science, Physical Education, Recreation, and Strength and Conditioning through experiential educational opportunities that promote healthy lifestyles. The EXPER department awards:

- A Bachelor of Science degree in Exercise Science, Physical Education, and Recreation (EXPER). The BS in Exercise Science, Physical Education, and Recreation (EXPER) program currently includes four emphasis of study:
  - General Exercise Science
  - Physical Education K-12 Teacher Preparation
  - Recreation
  - Strength & Conditioning

Department Vision

The EXPER Department's vision is to provide students with a broad-based theoretical foundation supported by laboratory and field experiences that allow individual observations, inferences, and hands-on mastery of skills related to the promotion of wellness and healthy lifestyles. This vision is accomplished by creating effective professional learning opportunities based on the following conceptual hierarchy of learning skills: Information Retrieval, Conceptual Understanding, Information Analysis, Critical Thinking, Development of Relevant Skill, and Practical Application of Ideas. In so doing we prepare student to become productive, accountable, ethical, and responsible professionals.

General Requirements

All departmental Majors are required to:

- Complete an EXPER emphasis of study with a cumulative GPA of 2.50 or higher.
- Earn a 2.0 overall GPA to enroll in 300 or 400 level courses in the department;
- Earn a minimum grade of a "C" in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.

EXPER Majors

The BS degree in EXPER prepares program graduates for professional positions in worksite, clinical, school, fitness government and community settings.

- Graduates of the General Exercise Science coursework are prepared for exercise and fitness related professional positions. This emphasis is an excellent selection for students preparing for advanced study in fields such as exercise physiology, allied health, or sport administration.
- Graduates of the Physical Education K-12 Teacher Preparation emphasis who also complete the Teacher Education program, and receive a passing score on the Colorado Department of Education PRAXIS test are eligible to receive Teacher Licensure in the State of Colorado. Licensed graduates can find physical education teaching positions in both the public and private school settings.
- Graduates of the Recreation emphasis are prepared for careers in City and County Recreation Departments, YMCA’s, Intramural Sports, Resort & Travel destinations, Rafting Trips, Wilderness Experiences, Youth Camps and Developmental Programs.
- Graduates of the Strength and Conditioning emphasis are prepared to take the National Strength and Conditioning Association certification. Graduates can find employment in fitness and recreation facilities, high school and college athletics and allied health industries.

EXPER Minors

Five minors are available in Exercise Science, Physical Education, and Recreation:

- The Exercise Science minor is available to all non-EXPER majors. This minor is ideal for other majors interested in Exercise Science or Strength and Conditioning.
- The Coaching minor is available to all students and is a great choice for students aspiring to coach.
- The Outdoor Education minor is for students who want to teach adventure education, outdoor skills and lead trips within the educational settings.
- The Recreation minor is available to all non-REC majors. The minor is ideal for those majoring in EXPER, social work, sociology, and biology as well as for students aspiring to teach in public/private schools.
- The Fitness and Recreational Sports Management minor is ideal for business students, community/ commercial recreation students or any student interested in managing fitness and recreational sports facilities.

EXPER minors will:

- Complete the credit hour requirement of the minor;
- Complete all required coursework with a cumulative GPA of 2.5 or higher;
- Earn a minimum grade of a "C" in all minor courses;
- Repeat minor courses with a grade of "D" or lower until a grade of "C" or higher is achieved;
- Possess content knowledge and skills necessary for their perspective fields of study;
- Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest; and
- Exhibit effective oral and written communication regarding subjects related to EXPER in an individual and group setting.

- Coaching, Minor
- Exercise Science, Minor
- Outdoor Education, Minor
- Physical Education K-12 Teacher Preparation
- Recreation


