DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE

Department website: https://www.uwplatt.edu/department/health-human-performance

Department Chair: Tim Swenson
Office: 110F Williams Fieldhouse
Phone: 608.342.1989
Email: swensont@uwplatt.edu

MAJORS

- Health and Human Performance Major with an Emphasis in Exercise Science (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/emphasis-exercise-science-bs/)
- Health and Human Performance Major with an Emphasis in Exercise Science with Strength and Conditioning (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/emphasis-exercise-science-with-strength-and-conditioning-bs/)
- Health and Human Performance Major with an Emphasis in Health Promotion-Wellness (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/emphasis-health-promotion-bs/)
- Health and Human Performance Major with an Emphasis in Physical Education Teaching (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/emphasis-physical-education-bs/)
  - The Physical Education Teaching major is a comprehensive degree with state of Wisconsin certifications in K-12 Physical Education (530), Adapted Physical Education (860), and Health Education (910).

MINORS

- Coaching Minor (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/coaching-minor/)
- Health Education Minor (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/health-education-minor/)
- Health Promotion Minor (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/health-promotion-minor/)
- Sports Management Minor (https://catalog.uwplatt.edu/undergraduate/liberal-arts-education/health-and-human-performance/sports-management-minor/)

MISSION STATEMENT

The mission of the Department of Health and Human Performance is to produce:

- **Exercise Science** specialists ready to enter into graduate programs or professional, research, or clinical settings.
- **Exercise Science with Strength and Conditioning** specialists ready to implement knowledge and skills in the practical strength training environments and be eligible to take an exam to become nationally Certified Strength and Conditioning Specialists (CSCS).
- **Health Promotion-Wellness** specialists ready for a wide variety of programs utilizing wellness components.
- **Physical Education Teachers** ready to implement “best practices” in health, physical education, and adapted physical education using the Wisconsin State Teaching Standards.
- Provide **all university students** the opportunity to develop positive concepts of wellness and skills to participate in lifetime wellness activities.

ABOUT THE HEALTH AND HUMAN PERFORMANCE DEPARTMENT

Our **Exercise Science emphasis** is designed to prepare graduates for professional workplace research settings and acceptance into graduate schools for advanced studies in areas such as, but not limited to, athletic training, clinical exercise physiology, physical therapy, occupational therapy, public health, chiropractic health care, and kinesiology.

The **Exercise Science with Strength and Conditioning emphasis** prepares students with the scientific knowledge, practical skills, and professional experience needed to enhance human performance and promote lifelong fitness through evidence-based training practices. This program also prepares students to sit for the premier strength and conditioning exam to become Certified Strength and Conditioning Specialists (CSCS) through the National Strength and Conditioning Association.

The **Health Promotion-Wellness emphasis** within the Health and Human Performance major, prepares our graduates to serve as future wellness and fitness career professionals advocating for the development of positive health behaviors and facilitating preventative health care in private, corporate, and public wellness settings. In addition, many graduates of the health promotion emphasis also use this undergraduate degree in preparation for acceptance into graduate exercise science programs.

The **Physical Education-Teaching emphasis** is a comprehensive program which prepares our graduates to meet the diverse needs of three different licensure certifications: K-12 Physical Education, Health Education, and Adapted Physical Education teaching endorsed by the Wisconsin Department of Public Instruction (DPI).

The **Coaching Minor** is designed to provide students with knowledge, skills, and experiences that will enable them to coach effectively and safely in school, community-youth, and adult sports programs.

The **Health Education Minor** is only available to students with a major in Health and Human Performance Majors with an Emphasis in Physical Education Teaching, B.S.

The **Health Promotion Minor** is for students looking to advocate for the development of positive health behaviors and facilitate preventative health care in private, corporate, or public wellness settings.

The **Sports Management Minor** will develop management and leadership skills in applying marketing concepts, understanding legal concepts and risk management. It will develop the various skills, roles, and functions that are important for a person who wants to work in the sports industry.

The University of Wisconsin-Platteville values the development of general and discipline specific knowledge and skills of **all university students**. In addition, the health and wellness of our students is also a focus of our Core General Education Requirements (https://catalog.uwplatt.edu/undergraduate/degree-requirements/core-general-education-requirements/) demonstrating our commitment to fostering the development of the whole student. Each student can only reach their full potential when they are at their most optimal levels of health.

HEALTH AND HUMAN PERFORMANCE STUDENT LEARNING OUTCOMES (SLO'S)

HEALTH AND HUMAN PERFORMANCE – EXERCISE SCIENCE SLO'S

- **ExS #1** - Demonstrate and expand their exercise science knowledge base.
- **ExS #2** - Apply knowledge and skills of exercise science through practical experiences in health, wellness and community settings.
- **ExS #3** - Demonstrate ethical use of research skills used in exercise science.
- **ExS #4** - Collaborate with faculty/staff to make original intellectual or creative contribution to the exercise sciences.
- **ExS #5** - Explore career paths both in and outside of the exercise science discipline.

HEALTH AND HUMAN PERFORMANCE – EXERCISE SCIENCE W/ STRENGTH AND CONDITIONING SLO'S

- **ExSC #1** - Demonstrate proficiency in instructing and cueing resistance training, plyometric, speed, agility, and conditioning exercises and in designing evidence-based programs to improve performance and reduce injury.
- **ExSC #2** - Apply fundamental concepts in anatomy, physiology, biomechanics, and motor learning to analyze movement and enhance training effectiveness and safety.
- **ExSC #3** - Conduct and interpret fitness and performance assessments (e.g., strength, power, agility, body composition) following the National Strength and Conditioning Association (NSCA) guidelines.
- **ExSC #4** - Exhibit professional conduct, risk management strategies, and effective communication skills within strength and conditioning environments.
- **ExSC #5** - Critically evaluate peer-reviewed research and apply findings to improve strength and conditioning programming and practices.

HEALTH AND HUMAN PERFORMANCE – HEALTH PROMOTION-WELLNESS SLO'S

- **HP-W #1 -** The health promotion specialist will design effective plans for physical activity, health and wellness for individuals possessing a diverse range of ability and skill.
- **HP-W #2 -** The health promotion specialist will create a learning environment to support positive educational and training outcomes in physical activity, health and wellness educational and community settings.
- **HP-W #3 -** The health promotion specialist will employ a variety of instructional and training practices to facilitate learning physical activity, health and wellness concepts and skills.
- **HP-W #4 -** The health promotion specialist will demonstrate a proficient use of content-specific academic language.
- **HP-W #5 -** The health promotion specialist will demonstrate appropriate levels of professional and ethical behaviors expected in physical activity, health and wellness educational and community settings.

HEALTH AND HUMAN PERFORMANCE – PHYSICAL EDUCATION TEACHING SLO'S

- **PE #1 -** The teacher candidate will design effective plans for physical activity, health and wellness for individuals possessing a diverse range of ability and skill.
- **PE #2 -** The teacher candidate will create a learning environment to support positive educational outcomes in physical activity, health and wellness educational and community settings.
- **PE #3 -** The teacher candidate will employ varied instructional practices to facilitate learning physical activity, health and wellness concepts and skills.
- **PE #4 -** The teacher candidate will demonstrate a proficient use of content-specific academic language.

- **PE #5 -** The teacher candidate will demonstrate appropriate levels of professional and ethical behaviors expected in physical activity, health and wellness educational and community settings.

COACHING MINOR SLO'S

- **C #1 -** Students will subscribe to a philosophy that acknowledges the role of athletics in developing the complete person. They will demonstrate the ability to reinforce responsible personal, social, and ethical behavior in all facets of the program.
- **C #2 -** Students will demonstrate organizational and administrative efficiency in implementing sports programs.
- **C #3 -** Students will be able to plan and implement daily practice activities that maximize available resources and facilitate athlete development and performance.

HEALTH PROMOTION MINOR SLO'S

- **HP #1 -** The health promotion specialist will design effective plans for physical activity, health and wellness for individuals possessing a diverse range of ability and skill.
- **HP #2 -** The health promotion specialist will create a learning environment to support positive educational and training outcomes in physical activity, health and wellness settings.
- **HP #3 -** The health promotion specialist will employ a variety of instructional and training practices to facilitate learning physical activity, health and wellness concepts and skills.
- **HP #4 -** The health promotion specialist will demonstrate appropriate levels of professional and ethical behavior expected in physical activity, health and wellness educational and community settings.

SPORTS MANAGEMENT MINOR SLO'S

- **SM #1 -** Demonstrate knowledge of the concepts of management and leadership and describe the various skills, roles, and functions of sport managers.
- **SM #2 -** Apply fundamental marketing concepts to the sport industry, understand the uniqueness of the sport product and the unique aspects of sport consumer and sport product markets.
- **SM #3 -** Explain legal concepts within the sport workplace, understand basic risk management issues applied to the conduct of sport, and evaluate the role of sport governing bodies including their authority, organizational structure, and functions.

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FACULTY AND LECTURERS

Additional information about the Faculty and Lecturers below may be found in the Faculty and Academic Staff (https://catalog.uwplatt.edu/faculty-academic-staff/) section of this catalog.

Evetovich, Tammy K.

Fencl, Matthew J.

Goodman, Paul

Hoffman, Gail K.

Krueger, Hans

Maceri, Rachel

Neltner, Tyler J.

Ringgenberg, Renee S.

Schieve, Kegan E.

Swenson, Susanna A.

Swenson, Timothy G.