Exercise and Sport Science Department (ESS)

With a reputation as one of the outstanding programs in the country, the UW-La Crosse Department of Exercise and Sport Science has a history of preparing quality professionals who are employed in all areas of the USA and around the world. With three areas of emphasis from which to choose, our graduates are well prepared to meet the challenges of a wide variety of careers.

Whether your interest is in teaching, coaching, fitness, or management, the Department of Exercise and Sport Science is committed to helping each student achieve his or her maximum potential. Each student is assigned a faculty adviser to assist with academic and career decisions. Our highly acclaimed "learn by doing" reputation is further enhanced by providing students with hands-on educational experiences in their area of choice. While maintaining a strong tradition in activities and the sciences, the department also emphasizes innovative programs and activities designed to maintain healthy, active life styles.

Center of Excellence in Physical Education

The Center of Excellence designation was awarded to the Department of Exercise and Sport Science by the Board of Regents of the University of Wisconsin System. The purpose of the center, which reflects the excellent reputation of the department, is to serve as a catalyst for maintaining faculty and curricular vitality while expanding the scope of comprehensive services provided to professionals in Wisconsin and throughout the nation. General goals are to provide in-service and expertise in emerging content areas and technology to physical educators and students in professional preparation programs; modify undergraduate and master's curricula to incorporate recent trends and projected professional needs and expand research and public service components with special emphasis on assessment.

A three-dimensional professional preparation model was developed with the following foci:

1. Enhancing life span motor development;
2. Promoting the major purposes of professional preparation in physical education-prevention of injury or illness, skill enhancement, meaningful active living, and rehabilitation; and
3. Developing instruments for assessment of performance and programs.

Additional emphasis is placed on the importance of movement of young children and on age-related changes in active, older adults to develop and maintain efficient movement throughout the lifespan. The professional preparation programs within the Department of Exercise and Sport Science prepare graduates to assist individuals of all ages in developing meaningful, active lifestyles. Improving the level of skill in a wide variety of activities and promoting effective movement patterns will result in more active and healthy individuals in our society. For additional information regarding the Center of Excellence in Physical Education, please contact: Department Chair, Exercise and Sport Science, Mitchell Hall, University of Wisconsin-La Crosse, La Crosse, WI 54601 USA

Admission to programs

All majors in the Department of Exercise and Sport Science have admission standards and retention and advancement standards. Students are advised to become aware of the application criteria for their major and may refer to program websites for the most detailed information regarding these criteria and procedures. Meeting minimum criteria does not guarantee admission, as the department programs have competitive admission processes.

Exercise and sport science program transfer policy

Students transferring into the exercise and sport science programs must have a cumulative GPA of 2.50 or higher at the time of transfer.

General education writing emphasis

This department incorporates a significant amount of writing through the required courses instead of identifying particular courses as writing emphasis courses. Students who complete a major in this department will fulfill the general education writing emphasis requirement (http://catalog.uwlax.edu/undergraduate/generaleducation/#generaleducationrequirementstext).

2018-19 Faculty/Staff

The following is the department's faculty and staff as of the publication date of this catalog. This list will not be updated again until the next catalog is published in June.

Professor

Carl Foster
Richard Mikat
John Porcari
Garth Tymeson
Brian Udermann
Glenn Wright
Chia-Chen Yu

Assistant Professor

Naoko Aminaka
Zack Beddoes
Naghmeh Gheidi
Mark Gibson
Cordial Gillette
Randall Gretebeck
Teresa Hepler
Salvador Jaime
Attila Kovacs
Eileen Narcotta-Welp
Rafael Ramirez
Debra Sazama
Amy Tischler

**Senior Lecturer**
Scott Doberstein
Kevin King

**Lecturer**
Kasey Crawford
Kari Emineth
Kathleen Gorman
Melanie Healy
Christopher Helixon
Charles King
Abigail Lee
David Malecek
Andrew McGlenn
Thomas Mickschl
Karen Middleton
Debra Sazama
Katie Wagner
Phil Whitesitt

**Associate Lecturer**
Susan Bramwell
Kimberley Radtke

**Laboratory Manager I**
Christopher Dodge

**Administrative Support**
Jeanne Voss

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**Majors**

- Athletic training major - BS (http://catalog.uwlax.edu/undergraduate/exerciseandsportscience/athletictrainingbs) (No longer accepting students; new students should refer to the pre-
- Exercise and sport science major: exercise science fitness track - BS (http://catalog.uwlax.edu/undergraduate/exerciseandsportscience/exerciseandsportsciencemajorexercisescienceemphasis)
- Exercise and sport science major: exercise science pre-professional track - BS (http://catalog.uwlax.edu/undergraduate/exerciseandsportscience/exerciseandsportsciencemajorexercisesciencepreprofessional)
- Exercise and sport science major: physical education - BS (http://catalog.uwlax.edu/undergraduate/exerciseandsportscience/exerciseandsportsciencemajorphysicaleducation)
- Exercise and sport science major: sport management emphasis - BS (http://catalog.uwlax.edu/undergraduate/exerciseandsportscience/exerciseandsportsciencebs)
- Adapted physical education teaching minor (http://catalog.uwlax.edu/undergraduate/exerciseandsportscience/adaptedphysicaleducationteachingminor)
- Coaching competitive athletics concentration (http://catalog.uwlax.edu/undergraduate/exerciseandsportscience/coaching-competitive-athletics-concentration)