

DEPARTMENT OF HEALTH AND EXERCISE SCIENCE



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Professor Barry Braun, Department Head

The Department of Health and Exercise Science provides undergraduate and graduate education as well as serving as the home for the Human Performance Clinical Research Laboratory, Heart Disease Prevention Program (HDPP), Adult Fitness Program, Noon Hour program, and Fit Cancer program.

The HES **mission** is to create an environment of exceptional teaching and learning, outstanding research and scholarship, and engagement that provides high value to the community. We are committed to our **goal** of producing nationally and internationally recognized research programs and graduates that focus on helping people protect, maintain, and improve their health and quality of life throughout the lifespan.

The Department of Health and Exercise Science provides the following academic program specializations:

- Health and Exercise Science Major (B.S.) with tracks in Health Promotion and in Sports Medicine
- Master's degree in Health and Exercise Science (M.S.)
- Doctorate in Human Bioenergetics (Ph.D.)