

HEALTH, EXERCISE, AND SPORT STUDIES

Departmental Guidelines & Mission

The Health, Exercise, and Sport Studies Department is a community in which students become emerging practitioners within the field. Student practitioners are nurtured through intellectual challenge, mentorship, and experience. They are critical consumers of knowledge confident in their ability to comprehend how biological, psychological, sociohistorical factors impact human physical capacity. Our students are emerging practitioners who carefully utilize this comprehension to explore the methods by which social structures and personal factors are altered to achieve adaptations consistent with human dignity and elevated physical capacity.

Health, Exercise, and Sport Studies originates within the tradition of physical medicine and rehabilitation, as well as community and individual well-being. The study of physical exercise explores the relationships between the structure of the body and its function. The study of sport seeks to examine the pervasive social institution of sport from a variety of perspectives, applying theory to the experience of the individual, the community, and the sport context. The interaction of these areas provides students with the opportunity to holistically explore how humans exist in the physical world.