

# 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, Adult Fitness 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 focused 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 concentrations in Exercise Science and Health Promotion
- Master's degree in Health and Exercise Science (M.S.)
- Doctorate in Human Bioenergetics (Ph.D.)