

FACULTY

Our faculty are nationally and internationally recognized experts in the fields of exercise science, athletic training, physical therapy, and exercise and sports nutrition. Under their leadership, the Department of Kinesiology has made significant and far reaching advancements in the areas of exercising in extreme environmental conditions, particularly the heat, exercise 'omics', exercise prescription and rehabilitation for a variety of clinical populations, and neuromuscular and musculoskeletal injury prevention and rehabilitation.



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Exercise Science (B.S)

College of Agriculture, Health and Natural Resources
Department of Kinesiology

OVERVIEW



The Exercise Science (BS) major provides a comprehensive understanding of exercise, human performance, and healthy living. This major prepares graduates for further study of exercise science as well as healthcare professions including medicine, physician assistant studies, physical therapy, and athletic training. Students complete coursework in general education, kinesiology, cognate areas (outside, but supportive of, Exercise Science), with an emphasis on basic science courses.

The Exercise Science program, depending on the extent of your education, can lead to any of the following professions: clinical exercise physiologist, corporate wellness programming, public health and service, pharmaceutical sales, and product development for sports/performance/health, exercise specialist, strength and conditioning specialist, personal trainer, laboratory technician, or exercise scientist.

The Exercise Science program offers a broad spectrum of research experiences, which include: environmental physiology, thermoregulation and health illness, exercise 'omics', cardiovascular physiology, endocrinology, exercise prescription for a variety of clinical populations, biomechanical considerations, injury prevention, muscle physiology, and complementary and alternative types of exercise among populations across the lifespan.



DEPARTMENT OF KINESIOLOGY POINTS OF DISTINCTION



#10



The Department of Kinesiology at the University of Connecticut is regarded as one of the best in the country. Our doctoral program is presently ranked among the top programs in the USA by the National Academy of Kinesiology. The doctoral faculty is ranked #1 for faculty research for Kinesiology by the National Research Council.

The Kinesiology Department prides itself on the strong connection between its various academic programs. While each program differs in terms of degrees offered, student requirements, or research scope, the faculty regularly engage in collaboration research projects.

THE HUMAN PERFORMANCE LABORATORY AT UCONN

The Human Performance Laboratory (HPL), located in Gampel Pavilion, serves as the primary site for faculty and student research. The HPL includes a Human Exercise Testing Facility, Test Subject Preparation Room 106, Chamber Anteroom 108A, Environmental Testing Laboratory 108B, Exercise Biochemistry Laboratory 110A-B-C, and Cardiovascular Testing and Nutritional Studies Laboratory 112A-B-C, in the lower level of Gampel Pavilion; as well as a Motion Analysis Laboratory. Room 112A includes a Lunar™ Dual X-Ray Absorptiometry (DXA) bone densitometer. The HPL also contains laboratory suites described below:

- **The Korey Stringer Institute (KSI)** The mission of the Korey Stringer Institute is to provide research, education, advocacy and consultation to maximize performance, optimize safety and prevent sudden death for the athlete, warfighter and laborer. It was founded in 2010 and serves the needs of active individuals and athletes at all levels -- youth, high school, college, professional, people who are physically active, recreational athletes -- and those who supervise and care for these individuals. In 2017 the 450 square foot Mission Heat Lab at UCONN's Korey Stringer Institute was opened, this state-of-the-art facility is now one of the premiere environmental labs in America and the new home-base for KSI's effort to conduct research, provide testing services, and performance enhancement.
- **The Health Fitness Research Laboratory (HFRL)** is a clinical physiology research laboratory that emphasizes human research in the areas of personalized exercise prescription for a variety of chronic diseases and conditions, often using genetic information, that include hypertension, mild cognitive impairment and Alzheimer's Disease, cancer, and obesity; the effects and considerations of physical activity and fitness in healthy adults as well as special populations such as firefighters and older adults; interactions between exercise, prescription drugs, and health outcomes; the health benefits of alternative and complementary types of exercise; the connections between mental health and cardiometabolic health risk factors; and high quality, contemporary systematic reviews and meta-analyses on the health benefits of exercise among a variety of clinical populations.
- **The UConn Sport Optimization and Rehabilitation (SOAR)** laboratory is a state-of-the-art multidisciplinary research division focused on the domains of human performance, injury prevention, health and safety, and personalized medicine. The mission of SOAR is to promote lifelong physical activity to improve health and wellness through research, performance, and community outreach, for physically active individuals at risk for, or suffering from musculoskeletal injuries.