**PROGRAM HIGHLIGHTS**

Undergraduate, Master’s, and Doctoral preparation through innovative and streamlined programs, convenient scheduling, practical internship experiences, rapid admissions, student-oriented support, and real-world career training.

**Exercise and Sport Science**

Degrees preparing students for professional programs (e.g., physical therapy, nursing, pre-med, occupational therapy, etc.), as well as exercise science careers in clinical, fitness, corporate, and university settings.

**Sports Administration and Management**

Degrees preparing students for careers in all areas of the sports industry, including youth sports, high school and collegiate athletics, professional sport organizations, and corporate sports industries. The Master’s degree is offered entirely online.

**Athletic Training**

Graduate program preparing students to be certified athletic trainers. ATs are healthcare professionals commonly employed by physicians’ offices; university, school, and club sports teams; performing arts companies; the military; and sports medicine clinics.

**School and Community Health**

Degrees for careers in the broad areas of health promotion and education. These include Michigan teaching certification and university faculty positions. Also includes careers in community and public health settings such as hospitals, worksites, and health departments.

**Physical Education & Physical Activity Leadership**

Degrees leading to K-12 physical education and Michigan teacher certification. Also offers leadership positions in community-based physical activity organizations (e.g., recreation departments, YMCAs, fitness facilities), and university faculty positions.

**Lifestyle Fitness Activities**

Exercise and wellness classes for lifelong healthy living. Courses include healthy living basics, aerobics and dance, strength training, mindfulness, Pilates, yoga, Zumba, kickboxing, boxing conditioning, boot camp, team sports, swimming, and First Aid/CPR.

**CONTACT US**

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