

### Outcomes

With a professional degree in sport and exercise science, you can prepare for careers in health, physical education, and recreation, such as an athletic trainer, exercise physiologist, and sports nutritionist.

The Sport & Exercise Science program can also prepare students for a variety of health-related graduate Programs, such as physical therapy.

### Contact Information

Dr. Jodi Kupper  
Dean of Education  
(402) 872-2244  
[jkupper@peru.edu](mailto:jkupper@peru.edu)

Office of Admissions  
PO Box 10  
Peru, NE 68421-0010  
1-800-742-4412 opt. 1  
(402) 872-2221  
[admissions@peru.edu](mailto:admissions@peru.edu)

### Program Definition

The Sport and Exercise Science degree combines several science courses with essential courses in physical education, preparing graduates to pursue a career in sport and exercise science. Courses combine concepts of anatomy and physiology with knowledge of health, physical education, and recreation programs, psychology of sport, kinesiology, and biomechanics. It culminates in a comprehensive internship for exploration of career options. This program can be completed in 4 years.

### PSC Points of Distinction

- A culminating internship program is completed in sport and exercise science during the student's senior year. 120 internship hours are required for the internship, which is an excellent opportunity to apply knowledge and skills that students are receiving in the classroom in real life settings such as gyms, athletic facilities, sports organizations, athletic programs, and more. The internships are specifically tailored to match each individual student's career goals.
- The capstone project allows each student to apply the concepts of exercise science and simulate many aspects related to careers in this area.
- Each program at Peru State College is reviewed on a continual basis and coursework is updated to meet evolving standards.
- Students completing a degree at Peru State College are prepared to attend the nation's top graduate schools in all program areas. Many graduates return to Peru State for their masters degree, which can be completed online and in our accelerated format.
- Minor in a subject area outside of the major is simple at Peru State and can broaden the scope of knowledge and can improve employment prospects for any student.

### Facilities

*Human Performance Lab*—The Human Performance lab is equipped with numerous testing instruments such as a metabolic cart, body fat calculators, pedometers, heart rate monitors and more! It also includes cardiovascular machines and other exercise equipment perfect for learning about fitness.

### Faculty

Dr. Ellie Kunkel, Ed.D.— Associate Professor of Physical Education  
Dr. Johann Murray, Ed.D.— Assistant Professor of Physical Education  
Dr. Kyle Ryan, Ph.D.— Assistant Professor of Exercise Science

### Required Coursework

Program information available online at  
<http://www.peru.edu/education/programs/>