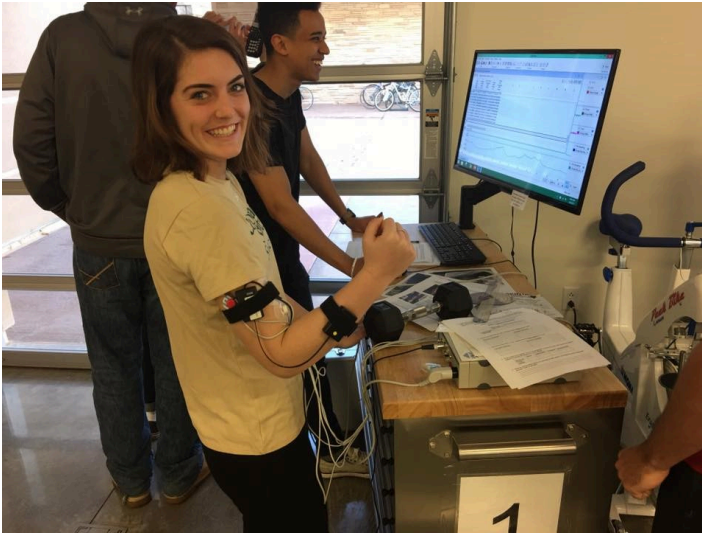


DEPARTMENT OF HEALTH AND EXERCISE SCIENCE



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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.