The study of movement, physical activity, and exercise has the potential to dramatically impact health and quality of life. Department programs focus on the scientific study of movement behavior, anatomy and physiology, research in kinesiology and fundamentals of exercise, and application to health, physical education, and functional performance. The department’s ultimate goal is to enhance human health, productivity, and quality of life.


A new collaborative B.S. degree program in Health Promotion and Health Equity ([http://guide.wisc.edu/undergraduate/education/kinesiology/health-promo-health-equity-bs/](http://guide.wisc.edu/undergraduate/education/kinesiology/health-promo-health-equity-bs/)) is broadly designed to provide students with the skills and perspectives to facilitate healthy practices at the individual and societal levels.


The department also offers health theory, strength and conditioning, and leadership courses to improve understanding, appreciation, and use of the body in movement and sports. Once the kinesiology students have seats, kinesiology classes are open to all university students.