

Future of Exercise Science, Health and Physical Education (Draft)

Our nation is in the midst of a health epidemic. The American Heart Association recently reported that over 136 million Americans (65.1% of our population) have a body mass index (BMI) of 25 or higher and are classified as overweight. Obesity (BMI \geq 30) has increased from 22.9% to 30.4% during a recent eight year span (1994-2002), while extreme obesity (BMI \geq 40) increased from 2.9% to 4.9% during the same time period. Even more disturbing is the fact that nearly 9.2 million children and adolescents are considered overweight or obese.

With our nation's obesity epidemic at an all-time high, Michigan Tech University is looking to make a difference. The newly developed Department of Exercise Science, Health and Physical Education plans to join in the fight to decrease obesity and will be offering an undergraduate degree in Exercise Science beginning fall of 2006. Plans are underway to develop a graduate program in Exercise Science, an undergraduate degree in secondary health and physical education, and ultimately a graduate Physical Therapy program.