

IOWA STATE UNIVERSITY

Sports and Exercise Science

Athletic Coaching
Athletic Training
Club Sports
Community and Public Health
Dance

Exercise Science
Fitness Programs
Health Promotion
Intramural Sports
Kinesiology and Health

Outdoor Recreation
Physical Education Teacher
Education
Pre-health Professions
Recreation Facilities

Sport and Recreation
Sports-related Employment
Varsity Athletics

Iowa State University has more than 100 majors that provide virtually unlimited academic opportunities. In this brochure you'll find information about your specific area of interest and a family of related majors that you may want to explore during your adventure here at Iowa State. Please use the contact information listed inside and let us help you discover your passions, unlock your potential, and **enjoy the adventure.**

Play hard

You name the sport, and we probably offer it. With 18 varsity teams, 35 intramural sports, and more than 50 club sports, Iowa State features one of the largest sports programs in the nation. If we don't offer it as part of our varsity, intramural, club, or outdoor recreation program, we will help you get a team together or start your own club.

Play the field

What's a great sports program without the facilities to support it? Iowa State features newly built and well-maintained sports centers which house indoor pools, racquetball, basketball, and volleyball courts, state-of-the-art fitness equipment, indoor and outdoor tracks, and indoor turf.

Olympic fever

We're serious about sports. So serious that we train athletes of Olympic caliber to compete all over the world. Iowa State athletes have been setting Olympic records since the 1928 Olympics. Iowa State athletes have received gold, silver, and bronze medals competing in track, basketball, and wrestling.

Prepare for real

If you would like to take your interest in sports and make it a satisfying career, consider a major in kinesiology and health. Become a coach in public schools or in amateur or professional sports. Consider preparing as a physical education teacher or a youth sport specialist in numerous community-based programs. You could

become an athletic trainer or a strength coach for athletes of all ages. These are just a few of the careers in sport and physical activity that are in store for you.

Prepared by the best

Learn from distinguished faculty and staff who have earned national and international reputations in teaching and research. Faculty include Big 12 Conference Athletic Training Staff of the Year, numerous fellows of both the American College of Sports Medicine and the American Academy of Kinesiology and Physical Education, and those who have worked at the U.S. Olympic Training Center. Kinesiology boasts a doctoral program ranked in the top 20 in the United States.

Sports and Exercise Science

Athletics Department

Jacobson Athletic Building
515 294-3662
www.cyclones.com

Basketball

Men: Fred Hoiberg
515 294-8232
Women: Bill Fennelly
515 294-3436

Cross Country

Men and Women:
Martin Smith
515 294-7345

Diving

Women: Jeff Warrick
515 294-6421

Football

Paul Rhoads
515 294-3662

Golf

Men: Andrew Tank
515 294-3823
Women: Christie Martens
515 450-1538

Gymnastics

Women: Jay Ronayne
515 294-0555

Soccer

Women: Tony Minatta
515 294-5328

Softball

Stacy Gemeinhardt-Cesler
515 450-3291

Swimming

Women: Duane Sorenson
515 294-3185

Tennis

Women: Armando Espinosa
515 450-4829

Track

Men and Women:
Martin Smith
515 294-6421

Volleyball

Women: Christy Johnson-Lynch
515 294-3395

Wrestling

Kevin Jackson
515 294-6532

Spirit Squad

Cheerleading and Mascot
Kelli Baker
515 294-5647

Dance Team

Jill Petersen
515 294-3558

Division I Varsity Athletics

The Athletics Department provides opportunities, inspiration, and resources for student-athletes to strive to reach their academic and athletic potential. This is accomplished with emphasis on the physical, mental, and emotional well-being of the student-athletes in an environment that promotes integrity, sportsmanship, leadership, and amateurism. Ultimately, student-athletes develop the skills and character necessary to achieve their personal goals. Recent student-athletes have earned national and international recognition as Big 12 champions, NCAA champions, All-Americans, and Olympic medalists.

• **Athletics Academic Services** To ensure academic success, the athletics department provides academic, support, and service programs. These include the Master Tutor Program, Life Skills Program, Read/Write Pal Program, and Minority Athletes in Action.

Recreation Facilities

Accessible facility hours allow even the most tightly scheduled student an opportunity to work out or play a quick game in the gym or on the field. All students are eligible to use any of the well-equipped and well-maintained facilities listed here.

Forker Building

indoor pool
indoor golf*
outdoor golf*
archery ranges*
8 tennis courts
3 basketball courts
6 volleyball courts
8 badminton courts

Lied Recreation Center

weight room/fitness center
student lounge
2 indoor running tracks
20 basketball courts
16 volleyball courts
6 racquetball courts
50- x 60-yard artificial turf
20- x 60-foot climbing wall
2 foosball tables
4 table tennis tables

**facilities reserved for academic classes only*

Residence halls are adjacent to a variety of sports facilities: outdoor tennis courts, basketball and volleyball courts, soccer fields, football fields, and Frisbee fields. Still not done working out? Right across the street from the Wallace/Wilson Residence Halls, you'll find the **Ames/Iowa State University Ice Arena**.

Beyer Hall

indoor pool
weight training room
outdoor fitness course
3 indoor basketball courts
3 outdoor basketball courts
3 volleyball courts
2 squash courts
6 racquetball courts

State Gym

indoor pool
weight room/fitness center
2 indoor running tracks
40-foot climbing wall
13-foot bouldering wall
2 basketball courts
3 basketball/volleyball/
badminton courts

• **Richard O. Jacobson Building** Excellent facilities speak to our commitment to student athletics.

The Jacobson Building features a comprehensive athletics health care center, an expanded strength and conditioning work area, a 140-seat auditorium for team meetings, locker rooms, a video production office, and Olympic sports, football, and administration offices.

• **Jack Trice Stadium** The stadium seats 50,000 and features a natural grass field. It was recently remodeled to accommodate the growing number of media covering Big 12 football, including the addition of a three-story press tower.

• **James H. Hilton Coliseum** The Hilton Coliseum seats more than 14,000 and hosts men's and women's basketball, wrestling, and gymnastics. The coliseum also features a weight and training room.

Fitness Programs

Promoting physical fitness and wellness, Recreation Services at Iowa State offers a variety of workout and training programs such as:

BOSU classes	Pilates
Cardio dance	Sculpting
Cycling	Shallow water aerobics
Deep water aerobics	Step aerobics
Extreme abs	TurboKick
Kickboxing	Yoga
Personal training	

Sports-related Employment Opportunities for Students

There are many student employment opportunities with the Iowa State Recreation Services and the Athletics Department. If you have experience or want to train as a sports counselor, coach, or referee, contact the Athletics Department at 515 294-3662. If you are interested in any of the programs below, contact Recreation Services at 515 294-4980.

Intramural sports officials and supervisors
Fitness instructors
Facility supervisors and office assistants
Outdoor recreation trip supervisors
Outdoor recreation equipment technicians
Lifeguards
Personal training

Kinesiology and Health

One Major, Many Options

Iowa State's unique program in kinesiology offers a variety of career choices related to sports, sports medicine, exercise, and physical activity. You will have the opportunity to work in Iowa State's Athletics Department. You may work with intercollegiate and/or high school athletes as an intern with Iowa State's strength and conditioning program. If you are interested in teaching, you may work with elementary, middle, or high school students early in your academic program. You may choose to student teach in Omaha, Nebraska, Aldine, Texas, or maybe even abroad. You may choose to be a health coach or to help people return to health through lifestyle education programs.

When you major in kinesiology and health at Iowa State, you will choose from one of five options:

- **Physical education teacher education** prepares you to teach in grades K–12. A health or athletic coaching endorsement can also be added.
- **Athletic training** prepares you for positions dealing with prevention, treatment, and rehabilitation of athletic injuries in sports medicine clinics or with a variety of athletes and sports.
- **Exercise science** prepares you for careers in physical fitness and exercise in health clubs, corporate employee fitness programs, and even as an exercise specialist within cardiac rehabilitation.
- **Community and public health** emphasizes health promotion and disease prevention and prepares students for work in government and public health agencies, volunteer health organizations, hospitals, and industry.

- **Pre-health professions** provides an academic foundation in the human movement sciences such as biomechanics, motor control, exercise physiology, exercise psychology, as well as health sciences. This is an excellent background to add to the basic sciences of chemistry, physics, and biology needed for entrance to medical school, physical therapy, and other areas of health care.

Minors Complement Studies

Many students choose to minor in an area related to their major to enhance their background and preparation. Kinesiology has several to choose from:

- **Athletic coaching minor** provides a strong scientific preparation to coach in high school, collegiate, and even professional sports levels.
- **Sport and recreation minor** includes coursework focused on youth sport and recreation programming.
- **Exercise science minor** develops a background in fitness assessment, prescription, and exercise leadership.
- **Health promotion minor** develops a background in fitness assessment, prescription, and exercise leadership.
- **Kinesiology minor** consists of coursework in the core disciplines kinesiology and is for non-kinesiology majors only.
- **Dance minor** provides opportunities to develop movement skills in, and an appreciation for, dance. An individualized program in dance is also available through the performing arts major in the College of Liberal Arts and Sciences.

Organizations and Activities for Majors or Minors

Department Clubs

Kinesiology and Health Majors Club for future teachers

ISU Chapter of the Alliance of Health and Fitness Professionals for health/fitness management students

Eta Sigma Gamma health studies honorary

Learning Communities

Available to you in your first year at Iowa State, learning communities group students with similar educational and professional interests in clusters. You may participate in field trips, professional and social activities, or attend informal learning seminars with faculty and peer mentors.

Honors Program

Faculty and staff encourage you to participate in this program to promote unique learning opportunities. You may study independently with faculty or conduct an advanced research project.

Study Abroad

Enhance your studies by traveling and studying at one of Iowa's partnering academic institutions.

Kinesiology and health students might participate in Camp Adventure or study at the University of Wales or the University of Glasgow. Iowa State also has an exchange program with the University of Otago, New Zealand.

Marsha Wissink
Department of Kinesiology
205 Forker Building
Phone: 515 294-7548
Email: kincareers@iastate.edu
www.kin.hs.iastate.edu

Equipped for Success

To support your studies, you will have access to state-of-the-art labs, equipment, and technology that make Iowa State's programs first-rate.

Six Athletic Training Facilities

Featuring a rehab pool, fully equipped rehab room with Stairmasters, treadmills, elliptical rider, recumbent bikes, Biodex isokinetic machine and stability system, research library, and computer room.

Biomechanics Lab

Featuring a motion analysis system, electromyography, which monitors muscle activity, and impact testers that monitor footwear shock absorption.

Two Exercise Physiology Labs

Equipped with underwater weighing tank, treadmills and metabolic carts, muscle biochemistry lab, which utilizes muscle biopsy and blood/urine analysis techniques, and analysis equipment to test immune function during exercise.

Motor Learning and Control Lab

Featuring state-of-the-art systems to assess fine eye-hand coordination, balance, and walking gait.

Teaching Lab

Offering digital and audio-visual equipment to allow you to participate in understanding how teachers teach, as well as how students learn.

Fitness Labs

Providing access to high-tech strength and endurance training equipment—Keiser pneumatic weight system, stair steppers, Versa climbers, Concept II rowers, treadmills, Lifecycles, and an aerobics floor.

Club Sports

Recreation Services
2220 State Gym
Phone: 515 294-4980
Web: recservices.iastate.edu

If you like to compete, and you work best as a team player, consider joining one of the 50 plus sports clubs offered at Iowa State. You'll enjoy playing with students, faculty, and staff as you compete at specialized levels and participate in intercollegiate tournaments.

Consider joining or creating a new club that interests you. Created by students for students, Iowa State's sports club program is supervised by the Sports Club Council. Each club has officers and a constitution, keeps records, charges dues, and holds meetings and practice sessions.

Airsoft	Golf	Rugby
Archery	Hockey	Running
Badminton	Judo	Ski and snowboard
Ballroom Dance	Kumdo	Soccer
Baseball	Lacrosse	Softball
Basketball	Longboard	Swimming
Billiards	Martial Arts	Table tennis
Bowling	Motocross	Tennis
Boxing	Motorcycle	Trap and skeet
Canoe and kayak	Mountaineering and Climbing	Triathlon
Crew	Nordic Ski	Ultimate Frisbee
Cricket	Paintball	Volleyball
Cycling	Quidditch	Water polo
Disc Golf	Racquetball	Water skiing
Equestrian	Rifle and Pistol	Weightlifting
Fencing	Rodeo	Wrestling
Fishing		

Intramural Sports

Recreation Services, Russ Jones
2220 State Gym
Phone: 515 294-4980
Web: recservices.iastate.edu

Iowa State hosts one of the largest intramural sports programs in the nation. With an underlying philosophy of "something for everyone," the intramural program offers more than 40 sports to meet the diverse interests of students, faculty, and staff.

Consider joining or creating an intramural team that interests you. Teams can be established by residence hall floors, Greek houses, student organizations, hometown affiliations, or groups of friends.

3-Point Contest	Disc golf	Sand volleyball
Adventure Race	Dodgeball	Soccer — in/outdoor
Badminton	Fantasy Football	Softball — slow pitch
Bag Toss	Flag football	Swim meet
Basketball (3 player)	Floor Hockey	Table tennis
Basketball (5 player)	Foosball	Ultimate Frisbee
Battleship H2O	Free Throw Contest	Volleyball — 6 player
Billiards	Golf	Water Volleyball
Bowling	Ice hockey	Wrestling
Broomball	March Madness	
Card tournaments	NCAA Bowl Pick 'em	
Cross country	Pickleball	
Curling	Racquetball	

Outdoor Recreation

Recreation Services, Jerry Rupert
2220 State Gym
Phone: 515 294-4980
Web: recservices.iastate.edu

Iowa State's outdoor recreation program helps you build friendships as you travel to beautiful destinations, overcome challenges, obtain new skills and knowledge, and accomplish goals. The program offers affordable opportunities to learn about the outdoors through trips, workshops, our resource center, and our equipment rental program.

Backpacking	Map and compass	Trip planning
Canoeing	Mountain biking	Weekend and extended trips
Caving	Outdoor cooking	Wilderness first aid
Climbing	Rafting	Workshops
Cross-country skiing	Rock climbing	
Downhill skiing	Sailing	
Kayaking	Snowboarding	

Iowa State University
Office of Admissions
100 Enrollment Services Center
Ames, Iowa 50011-2011
Phone: 515 294-5836
Toll Free: 800 262-3810
Email: admissions@iastate.edu
Web: www.admissions.iastate.edu

Questions about admission

In addition to writing us at the address at left, we encourage you to visit our website, which features a course catalog, online application, and campus information.

Also, you can follow us on:



Preparing to do your best while in school

The best preparation continues to be a strong college preparatory program of study, which includes courses in English, mathematics, laboratory science, social studies, and foreign languages. If you intend to transfer credits from another institution, you may contact our Office of Admissions for assistance in selecting the best courses for your program of study.

Material in this brochure was accurate at the time of printing. For the most up-to-date information, visit our website at www.iastate.edu.

Iowa State University does not discriminate on the basis of race, color, age, ethnicity, religion, national origin, pregnancy, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Office of Equal Opportunity, 3350 Beardshear Hall, (515) 294-7612.