University of Wisconsin Colleges  
Health and Exercise Science Lecturer  
University of Wisconsin–Rock County

The University of Wisconsin-Rock County and the University of Wisconsin Colleges Department of Health and Exercise Science invite applications for an instructor (rank of Associate Lecturer, Lecturer, or Senior Lecturer depending on educational background and experience) for Fall 2016 and Spring 2017.

Qualifications
Candidate should have a minimum of a Master’s degree in Heath and Exercise Science or equivalent. Teaching experience at the university level is strongly desired. Individual with a strong fitness and wellness background is preferred. CPR and First Aid certification is also preferred.

Responsibilities
Teach freshman and sophomore level Health and Exercise Science courses; hold appropriate office hours; attend orientation activities; perform required course administration including development of a syllabus, grading, assessment, and reporting tasks. Current courses are listed below.

Courses Currently Available Fall 2016

**HES 127 Fitness for Life (2 credits)**
A contemporary examination of the effects of lifestyle, wellness, and health promotion on the individual. Instruction in procedures for self-evaluation as well as individualization of exercise prescription for the development of fitness. Participation in a planned program of aerobic activity is required.

**HES 206 Personal Health and Wellness (3 credits)**
In depth examination of the various aspects of health and wellness. Students will survey various aspects of health and wellness which affect both the individual and the community. Topics will look at personal health and wellness throughout the lifespan. Topics include foundations of personal health and wellness, psychological health, stress, nutrition, physical activity, weight management, drug use and abuse, healthy relationships, sexuality, infectious disease, and chronic disease.

**HES 209 Nutrition and Weight Management (3 credits)**
This course will examine the basic principles of nutrition, digestion, and metabolism and the effects of these principles on one’s diet, weight, fitness level, and overall health. The functions, requirements, and applications of nutrients and nutritional needs throughout the life cycle will be studied. The course will also include the basic knowledge and application of nutrient recommendations, dietary guidelines, and interrelationships of foods. It will also examine the issues of alternative nutrition, food safety, and eating disorders. The course will include personal diet assessment and development of personal health goals.

**HES 019 Weight Lifting (1 credit)**
Basic physical course open to all students

**HES 046 Yoga and Relaxation (two sections – 1 credit each)**
Basic physical course open to all students

Courses Currently Available Spring 2017

**HES 127 Fitness for Life (2 credits)**
A contemporary examination of the effects of lifestyle, wellness, and health promotion on the individual. Instruction in procedures for self-evaluation as well as individualization of exercise prescription for the development of fitness. Participation in a planned program of aerobic activity is required.
HES 209 Nutrition and Weight Management (3 credits)
This course will examine the basic principles of nutrition, digestion, and metabolism and the effects of these principles on one's diet, weight, fitness level, and overall health. The functions, requirements, and applications of nutrients and nutritional needs throughout the life cycle will be studied. The course will also include the basic knowledge and application of nutrient recommendations, dietary guidelines, and interrelationships of foods. It will also examine the issues of alternative nutrition, food safety, and eating disorders. The course will include personal diet assessment and development of personal health goals.

HES 213 First Aid and Emergency Care (3 credits)
Examines the causes, prevention and care of first aid emergencies. Topics include recognizing and responding to emergencies, checking victims, breathing and cardiac emergencies, severe bleeding, shock, injuries, medical emergencies, special situations and healthy lifestyles. Proficiency in checking victims and caring for severe bleeding and extremity injuries will be tested through skill practice. Skills in testing and clearing obstructed airways, CPR, and AED completed for the adult only. American Red Cross or American Heart Association certification can be earned.

HES 217 Social Aspects of Sport (3 credits)
A course focusing on sport institutions as social organizations and how they function within a culture or society. Emphasis is placed on group structure and membership, as well as group pressure, socialization, stratification, and deviance as they apply to the sport's setting. Significant emphasis is placed on the role of minorities in sports. Selected topics include sport and: educational institutions, socialization, children, deviance, violence and aggression, gender and equity, race and ethnicity, social class, social mobility and stratification, economy, politics, religion, and the media.

HES 046 Yoga and Relaxation (two sections – 1 credit each)
Basic physical course open to all students

Starting Date
Contract starts on August 29, 2016, and classes begin on September 6, 2016.

To Apply
Review of applications will begin immediately and continue until the position is filled. To assure consideration, please submit application by July 15th, 2016. To apply, submit the following:

1. A letter of interest describing your teaching qualifications and teaching philosophy in the context of our needs
2. Current curriculum vita
3. Unofficial copies of both graduate and undergraduate transcripts
4. Names and contact information (e-mail address, phone number) of at least three references familiar with the applicant’s academic career and teaching experience

Please send these materials via email to tracy.davidson@uwec.edu. Please include the term Rock HES Lecturer in the subject line.

About the UW Colleges and Campus: The UW Colleges is the freshman-sophomore transfer institution within the UW System. UW Colleges functions as a unit that comprises thirteen two-year campuses, each of which offers an excellent liberal arts and pre-professional education for students beginning work toward a bachelor’s degree. The Rock County campus offers a highly respected academic program that enrolls about 1300 students. The campus is located in Janesville, a city of approximately 11,000 and about one half hour driving distance to Madison.

A criminal background check is a condition of employment. The University of Wisconsin Colleges is an Equal Opportunity/Affirmative Action institution committed to diversity and inclusiveness among its students and in its
programs, and actively seeks and encourages applications from all underrepresented groups. It is our policy to provide reasonable accommodations to qualified individuals with disabilities who are employees or applicants for employment.