

HEALTH & HUMAN PERFORMANCE

AN ADDITION AND RENOVATION FOR EXERCISE SCIENCE AND STRENGTH & CONDITIONING



FOCUS ON THE
FUTURE



BUILDING ON OUR REPUTATION

In support of the Wartburg strategic plan—Living our Learning, Claiming our Calling, Transforming Tomorrow—the Focus on the Future initiative produced several recommendations for the College to better serve students and enhance enrollment. On the academic front, chief among those recommendations was the addition of a new major in exercise science.

Leveraging the College's strong reputation in the sciences and intercollegiate athletics, along with its distinctive facility asset with the Wartburg-Waverly Sports & Wellness Center (The W), the new exercise science major offers real potential to engage students. Wartburg may not otherwise be able to attract. To support the successful launch of this new program, it's critical to create new labs and activity space.

After thorough review, the College is embarking on a \$3.7 million addition and renovation to The W. Construction is set to begin this summer, and the facility project is dependent upon donor gifts.

“We are excited to offer Wartburg students a top-quality exercise science education that will prepare them well for graduate and professional study or for employment in this growing field. This program is a perfect fit for our experience in health-science education and for our unrivaled success in collegiate athletics.”

– **Dr. Brian Ernsting**
*Vice President for
Academic Affairs and
Dean of the Faculty*

FOCUS ON THE FUTURE HEALTH SCIENCES TASK FORCE

The health sciences sector is one of the most rapidly growing parts of the economy. Building on Wartburg's nationally recognized reputation for successful pre-professional programs, the task force recommended, and the College has since approved, the creation of a new academic department – Health & Human Performance. At present, this new department will feature three academic majors:

- **EXERCISE SCIENCE** (NEW)
- **HEALTH & FITNESS**
 - COACHING CONCENTRATION
 - COMMUNITY RECREATION CONCENTRATION
 - FITNESS MANAGEMENT CONCENTRATION
- **PHYSICAL EDUCATION**

FACULTY LEADERSHIP

Dr. Ed Westen, professor of biology and longtime adviser to students pursuing a pre-medicine track, has been named chair of the new Department of Health & Human Performance. His passion for teaching, commitment to academic rigor, and vision for exercise science make him the perfect choice to lead this new program. Westen's research has focused on various biological and cultural aspects of food and nutrition.



Joining Westen this fall will be Dr. Patricia Dietz, a native of northeast Iowa and former Division I student-athlete at the University of Northern Iowa. Dietz specializes in strength and conditioning research and did her doctoral work at the University of Kansas, where she collaborated with the Jayhawk basketball program.

In addition, existing faculty from P.E. and fitness management also will join the new department.

LEVERAGING THE WARTBURG-WAVERLY SPORTS & WELLNESS CENTER

The task force emphasized its belief that the College wasn't taking full advantage of some of its greatest assets, including The W, the dominance of its athletics programs, and its long history of success in preparing students for careers in health care. As such, the task force felt there was significant growth potential to attract students in the areas of athletic training, physical therapy, and chiropractic medicine that could be achieved through investment in an exercise science major.

A strong academic program in health and human performance will benefit recruitment by Wartburg coaches, since a significant number of student-athletes would be attracted to these academic disciplines. Housing the department in The W will increase visibility for prospective students, integrating the curricular and co-curricular programs.

THE W RENOVATION FOR EXERCISE SCIENCE AND ADDITION FOR STRENGTH & CONDITIONING

InVision Architecture provided a thorough analysis of existing space in The W and recommends the Department of Health & Human Performance be located in the area currently occupied by the Athletics Strength & Conditioning Center on the second floor of the building's east end.

The Athletics Strength & Conditioning Center will be relocated to a new addition created south of Levick Arena. This new space offers a larger footprint to a growing intercollegiate athletics program, and its close proximity also will allow for integration with student-faculty research opportunities in exercise science.

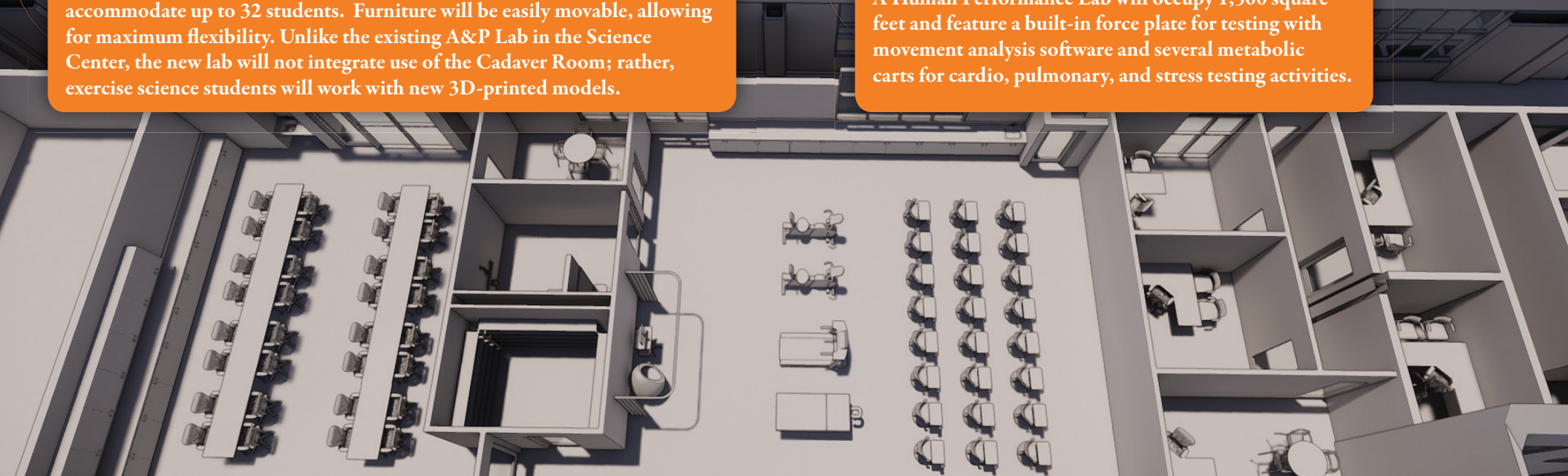
The new Health & Human Performance Center, located in The W, will feature two labs, two small testing/changing rooms, and a faculty office suite.

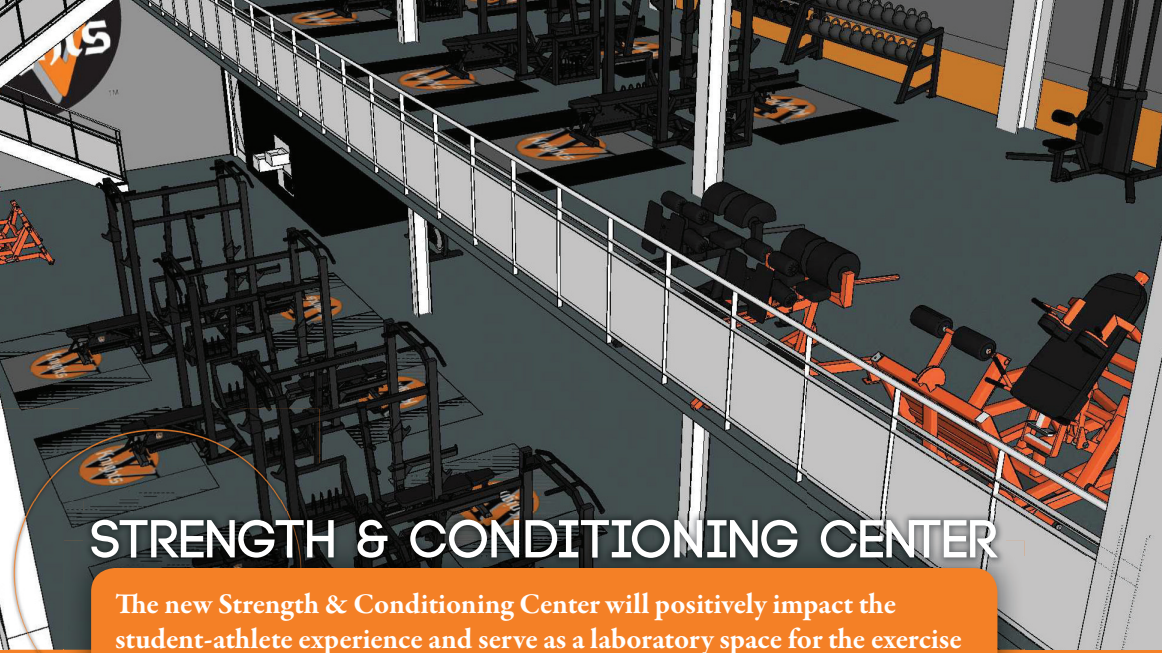
ANATOMY & PHYSIOLOGY LAB

An Anatomy & Physiology Lab will occupy 1,000 square feet and accommodate up to 32 students. Furniture will be easily movable, allowing for maximum flexibility. Unlike the existing A&P Lab in the Science Center, the new lab will not integrate use of the Cadaver Room; rather, exercise science students will work with new 3D-printed models.

HUMAN PERFORMANCE LAB

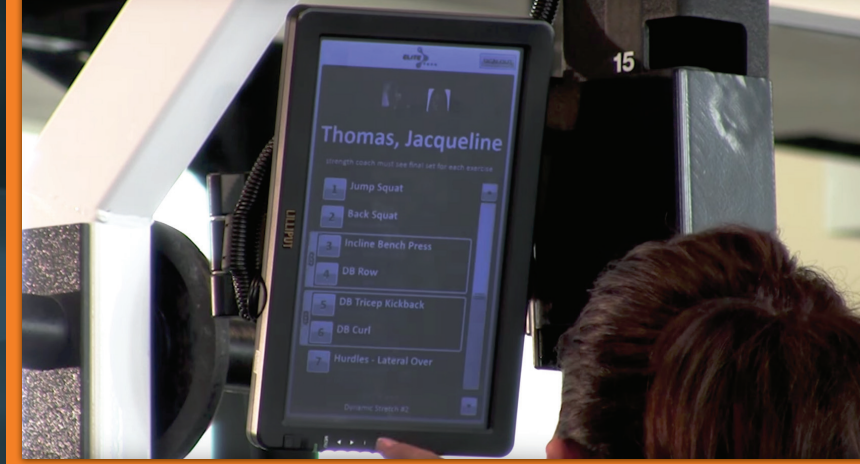
A Human Performance Lab will occupy 1,500 square feet and feature a built-in force plate for testing with movement analysis software and several metabolic carts for cardio, pulmonary, and stress testing activities.





STRENGTH & CONDITIONING CENTER

The new Strength & Conditioning Center will positively impact the student-athlete experience and serve as a laboratory space for the exercise science program. The new space will be roughly 25 percent larger than the former strength and conditioning area, a valuable benefit given that more than 600 student-athletes must be accommodated. Further, the new two-story addition features 18 weight platforms—12 on the ground floor and six on the mezzanine level. This design means two teams can utilize the space at one time, and the facility also offers expanded areas for cardio and conditioning activities.



STATE-OF-THE-ART EQUIPMENT

In addition, the new Strength & Conditioning Center will feature the EliteForm motion-capture system. This is the same research equipment utilized by some of the nation's elite Division I athletics programs, including the University of Kansas Jayhawks. Wartburg will become the first NCAA Division III school to adopt the technology, allowing for unique student-faculty research opportunities and leveraging the connections between intercollegiate athletics and the academic program.



AN ATTRACTIVE ENTRANCE

The new Strength & Conditioning Center will provide a more attractive entrance to campus from the south. Those who park in the parking lot south of The W can gain quicker entrance to the center with this new addition.



NAMING-GIFT OPPORTUNITIES

HEALTH & HUMAN PERFORMANCE CENTER

(the entire east wing on the upper level) - \$500,000

- Anatomy & Physiology Lab - \$250,000
- Human Performance Lab - \$250,000
- Health & Human Performance Faculty Office Suite - \$100,000
- Health & Human Performance Department Chair Office - \$75,000
- Health & Human Performance Faculty Offices - \$50,000 (4)
- Exercise Science Conference Room - \$50,000

STRENGTH & CONDITIONING CENTER

(the entire addition; housing the Canfield Athletic Weight Room) - \$500,000

- Strength & Conditioning Mezzanine - \$100,000
- Strength & Conditioning Office - \$50,000

All gifts of \$5,000 or more will entitle the donor to permanent name recognition in the facility.

ESTIMATED
TOTAL COST
\$3.7 MILLION



INSTITUTIONAL ADVANCEMENT

100 Wartburg Blvd., P.O. Box 1003

Waverly, IA 50677-9987

1-866-219-9115 | www.wartburg.edu

Wartburg College is dedicated to challenging and nurturing students for lives of leadership and service as a spirited expression of their faith and learning.