

CalU Exercise Science Program Student & Alumni Testimonials

The following comments were voluntarily submitted from current students and program alumni from the online Exercise Science and Health Promotion program.



"I believe that this program has brought together professionals from a variety of backgrounds and has enabled us to not only learn new information from the course contents but also from each other. This has been the most collaborative, in-depth learning process I have ever participated in and I would do it again if I had to." Todd Laux MS, ACSM HFI, NASM-PES

"The program has been great! The interaction with other classmates has been tremendous and has been a valuable part of the learning process. I did not anticipate how important this aspect of the program would be." Brian Lawler, MS, PT, OCS, ATC, CSCS, NASM-PES

"I have really enjoyed every portion of the courses so far. I think the material presented to this point has been both interesting and challenging. The interaction with my fellow classmates has been extremely enjoyable and educational. I truly look forward to the remaining portions of this wonderful educational journey! Thank you for designing and facilitating such a great program. Without this style of distance learning it would have been extremely difficult to earn my Masters degree. This program has been everything I had anticipated and more!" Marty Miller, MS, PES

"Extremely flexible method of learning and progressive education track offers a great opportunity for career advancement through business and entrepreneurial skills that

would greatly improve one's contribution to an organization or one's own business." Ed Hulit, MS, CSCS, NASM-PES, NSCA-CPT

"So far, this experience has been great. I have learned things I would never have even known about. At times, it has been hard to keep up with some of the work, especially the research class, and to try to keep things organized at my job. I wanted to thank you for the opportunity to be a part of this great program. Not only has it enhanced my knowledge, it has also helped me enhance myself physically. Being my own guinea pig, I have tried and used many of the techniques learned this semester. And I feel great! I like this program so much that I even referred a few of my co-workers and college friends to it (and you). Hopefully their experience will be as great as mine." Lori Principe, MS, PES



"Hello Barry, my first semester was a very positive experience. While I have attended several training classes since I finished college in 1982, I had a little question in the back of my mind as to how I would do in the online learning environment of college. To be honest, I exceeded my own expectations in terms of how much time I was able to dedicate to the program. I am extremely pleased with my results and what I have learned from the program so far. I sincerely look forward to the remainder of the program and the opportunity to learn from the curriculum and the other team members. I learned a tremendous amount and realize that I don't need to let the "remoteness" keep me from picking up the phone and calling you and the other instructors. The program has me very fired up about learning and I look forward to the rest of the year." Randy Brewer, MS, PES

"Excellent program—well designed and delivered. Diversely-qualified instructors. Exceeded my expectations." Joe Ferguson, DC, MS, NASM-PES, CCSP

"The unique blend of course content, and the flexibility of an online environment made this a tremendous learning experience. I'd like to thank all of them for a great learning experience." John J. Ross MS, ATC, NASM-PES, CSCS

"Participating in the online MS program at CUP was an experience that I will never forget. The online courses provided an opportunity to further my education by obtaining a Master's Degree and a nationally recognized certification (NASM-PES). The program challenged me to enhance my knowledge and skills through the material that was provided, the expertise of the instructors and the interaction with my classmates. I have been able to apply what I have learned to my personal and professional life, using these new tools to assist me on the path to success." Karen A. Edwards, MS, NASM-PES, ACSM Exercise Specialist Certified

"The content is relevant to most health related professions. The content is designed to help you, right now, within your specific profession." Ken Coward MS, NASM-PES, CSCS, USAW

"Thank you for the opportunity to participate in this program. I have learned more about performance enhancement and injury prevention from so many different people in the last year, than I have in the previous 10 combined." Mark J. Watts, M.Ed, MS, NASM-PES, CSCS. USAW

"I found the entire program very interesting and thought provoking, enjoyed the program in its entirety." Rita A Holmer, MS, ATC, LAT, NASM-PES

"This program had a fresh learning dynamic that couldn't be captured in any other medium. It gave me the knowledge, credentials, and confidence to be a leader in my profession." Tyler Tims, MS, NASM-PES, CSCS

"This program is awesome. The course content is current and covers a wide range of topics on performance enhancement and injury prevention. Being certified by NASM as a performance enhancement specialist as part of the program is an added value. The greatest advantage of this program for me is the online component. The professors did a great job of orientating me to the online environment and continue to enhance communication between students and professors." Brian Harvey, BS

"I just wanted to drop you a note, and commend on this outstanding program. A great and novel idea that I am thoroughly enjoying." Todd Tomczyk, MS, ATC, NASM-PES

"After the first semester, I can honestly say that this was the best online experience I have had! The 3 semesters I had at University of Texas did not even compare, in the sense of course content, web design and navigation, and knowledge of the collective cohort. This program and content are what I was looking for when I started a MS program with UT, but was sadly disappointed. Having obtained 2 NASM certs in the past, I was pretty familiar with the OPT model and philosophy. However, there was plenty of new information on the web pages that provided a new stimulus every week. I really did enjoy the experience and came away with more knowledge. Advanced learning at a more advanced stage in one's career really does intensify the desire and the goal from the learning process. Wonderful, just a wonderful experience." Mackie Sheckfee, MS, NASM-PES

"Thanks ...This was a great semester each course was challenging very well thought out. Jim Thornton is excellent! The Leadership course should be taught to every single college student before they graduate from anywhere and in any major. It was thought

provoking, difficult and made you take a hard look in the mirror at yourself. " Steve MacKell, MS, ATC, NASM-PES



"This is not an attempt to do anything but give credit where credit is due. I know, that in my life and line of work, it is nice to get a little validation every now and then. As mature adults and professionals, most of our validation for what we do is intrinsic, but it is rewarding on some level, however small, to hear that our efforts are appreciated. This being said, I just wanted to share with you that I am loving the content of these classes this semester. The subjects we are covering could not be any more pertinent for where I am in my life and in my business. I need the help that it is giving me and the reflection is very therapeutic. I am very impressed with the thought that has gone into the creation of the content for this semester. The enthusiasm of our professors is contagious. I am impressed with the level of interaction that I have seen by the instructors and the students, and the thoughtfulness with which the classes have been designed and implemented. This group of students has been very interactive and motivated from the start, but never more so than as of late. It is fun to be a part of and really neat to see. This should be a shining example for anyone who is cautious or hesitant about the quality of the online educational experience. Thanks again!" Jeb Stewart, MS, NASM-PES

"I can say without reservation that the course work, format and overall process so far has exceeded expectations. The course work has been interesting, engaging, and educational and has struck a nice balance between presenting a challenge yet remaining manageable. The format has been easy to navigate and the flexibility has been outstanding (as I write, I am taking a few days vacation in St. Lucia! - how is that for

flexible!).” Spencer Wood, MS, NASM-PES