

BLOG

LIZA LOUTHAN - NATIONAL STUDENT ATHLETE DAY APRIL 6, 2020

4.2.20

[Liza Louthan](#) is a freshman studying [Communications](#) with a Minor in Music and is Women's Soccer player at the University of Colorado Colorado Springs (UCCS).

Louthan shared, "Though my major is declared as Communications, I felt very motivated to study exercise science because it is extremely relatable to me as an athlete."

Exercise science is the study of movement and associated functional responses and adaptations. The field requires knowledge of human anatomy, chemistry, biology, physiology, biomechanics, exercise prescription, psychology and nutrition.

Currently Louthan is taking Nutrition & You, a course taught by Health Science Department Chair and Professor, [Jackie Berning](#).

"My favorite class I've taken this year has been my nutrition course. I enjoy this class immensely because not only is it interesting to understand nutrition's role in everyday life, but as an athlete this class is very applicable."

No stranger to success after spending her freshman year on the number one ranked Women's Soccer Team (for a majority of the season), and finishing the season with a record of 19-0-2. Along with the team's strong winning record, the women also brag strong academic records.

Louthan praised her teammates, "We achieved academic success as a program and many of our players were placed on all conference teams and academic all American teams. These awards are not achievable alone, and our team is the very example of working as a team to be successful."

If you're ever looking to talk soccer, take piano, or learn about Louthan's work as a respite care provider for handicap children, you can catch her hanging at the [Gallogly Recreation and Wellness Center](#) or studying at the [Ent Center for the Arts](#).

How does UCCS fuel Louthan's success? She'll tell you, "UCCS fuels my success in various ways. The academic standards this school upholds for student athletes is exceptional and it drives me to want to work hard and not only be a better student, but also a better person."

Join us in celebrating National Student Athlete Day with Louthan and all the UCCS student athletes on April 6, 2020!



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