The Wellness and Sport Sciences Department (WSSD) will inspire students to engage in Millersville University's EPPIIC values and make a difference in the communities where they will live and work.

The mission of WSSD is that we are dedicated to high-quality wellness instruction for all undergraduate students and the delivery of excellent academic programs for undergraduate and graduate students in the sport-related careers of Sport Administration and Management, Sports Medicine, Sport Journalism, Pre-Athletic Training, and Athletic Coaching.

The WSSD offers one degree with four options leading to the Sport Administration baccalaureate degree. The department also teaches courses for the wellness requirement, which is required for graduation of all Millersville University students. In addition, the department collaborates with other departments within the University to offer several different majors:

- MDST — sports journalism (with English);
- MDST — Pre-Occupational Therapy (with psychology);
- and Allied Health — pre-athletic training and sports medicine (with biology).

Moreover, the department offers a minor in athletic coaching for those wishing to develop the knowledge and skills necessary to safely coach athletes. Students are eligible to receive certification in the American Sport Education Program. Furthermore, the department offers an elective course which grants national certification in first aid. The department also offers a graduate program with a master's degree in sport management, with a concentration in athletic management and athletic coaching.

Students are required to pass three credits in wellness to qualify for degrees. Only WELL 175 Wellness or WELL 240 Health, Safety, Nutr for Child may be used to satisfy the general education, connections and exploration requirement.