HEALTH & HUMAN PERFORMANCE

What can I do with this degree?

Health & Human Performance
The Department of Health and Human Performance is a leader in preparing students for careers in adult fitness, athletic training, health and wellness promotion, physical education, and recreation administration. Graduates enter a variety of careers and many go on to graduate or professional training (kinesiology, medicine, physical or occupational therapy).

AREAS OF SPECIALIZATION

<table>
<thead>
<tr>
<th>Athletic Training</th>
<th>Health &amp; Wellness Promotion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise and Sports Science</td>
<td>• Public Health</td>
</tr>
<tr>
<td>• Clinical Exercise Science</td>
<td>• Teacher Certification</td>
</tr>
<tr>
<td>• Health &amp; Fitness Management</td>
<td>• Recreational Administration</td>
</tr>
<tr>
<td>• Physical Education</td>
<td>• Recreation Administration</td>
</tr>
<tr>
<td>• Pre-Physical Therapy</td>
<td>• Therapeutic Recreation</td>
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</tbody>
</table>

CAREER PATHS
(Some of the occupations outlined in this brochure may require additional education or training)

Sample Job Titles
- Aerobics Instructors
- Assistant Athletic Trainer
- Assistant Professor
- Asst. Wellness Director
- Camp Director
- Cardiac Rehabilitation Specialist
- Clinical Research Associate
- Coach (High School, College, & Professional)
- Commercial Wellness Center Director
- Corporate Health Advisor
- Director of Sports Medicine
- Director/Health & Rehab.
- Exercise Physiologist
- Exercise Professional
- Exercise Specialist
- Fitness Associate
- Fitness Center Director
- Fitness Specialist
- Gym Manager
- Health Coordinator
- Health Educator
- Health Management Assistant
- Hospital Wellness
- Kinesiotherapists
- Lab Technician
- Manager of Health Club
- Personal Trainer
- Pharmaceutical Sales Rep
- Physical Education Teacher
- Physical Fitness Specialist
- Physical Therapy Aide
- Physical Therapy Technician
- Physician Assistant
- Recreation Therapist
- Regional Medical Scientist
Rehabilitation Specialist
Research Assistant
Sports Agent
Sports Information Director
Sports Manager
Strength and Conditioning Specialist
Therapist (Physical, Occupational)
Victims Advocate
Wellness Coordinator

**Possible Work Settings**

<table>
<thead>
<tr>
<th>Hospitals</th>
<th>Cruise Lines</th>
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<tbody>
<tr>
<td>Military</td>
<td>City parks and recreation departments</td>
</tr>
<tr>
<td>Olympic Training Centers</td>
<td>Olympic Training Centers</td>
</tr>
<tr>
<td>Private &amp; Public Schools</td>
<td>Rehabilitation clinics</td>
</tr>
<tr>
<td>Professional Sports Teams</td>
<td>Weight Reduction Clinics</td>
</tr>
<tr>
<td>Colleges and Universities</td>
<td>Adult Care Facilities</td>
</tr>
<tr>
<td>Recreational organizations (YMCA)</td>
<td>Sports Clinics</td>
</tr>
<tr>
<td>Country clubs</td>
<td>Gymnastics Centers</td>
</tr>
<tr>
<td>Racquet clubs</td>
<td>Physical Therapy Centers</td>
</tr>
<tr>
<td>Health Clubs and fitness centers</td>
<td>Amateur Athletic Associations</td>
</tr>
<tr>
<td>Golf and tennis resorts</td>
<td>Recreational leagues</td>
</tr>
<tr>
<td></td>
<td>Public Health Agencies</td>
</tr>
</tbody>
</table>

**Professional Organizations**

- American Kinesiology Association [www.americankinesiology.org](http://www.americankinesiology.org)
- American College of Sports Medicine [www.acsm.org](http://www.acsm.org)
- National Association for Sport and Physical Education [http://www.aahperd.org/naspe/](http://www.aahperd.org/naspe/)

**RESOURCES**

**Texas State University-Student Organizations**

[http://www.hhp.txstate.edu/People/Student-Organizations.html](http://www.hhp.txstate.edu/People/Student-Organizations.html)

- Association of Recreation Enthusiasts
- Athletic Training and Sports Medicine Club
- Eta Sigma Gamma

**Job & Internship Search Sites**

- Blue Fish jobs [http://www.bluefishjobs.com/](http://www.bluefishjobs.com/)
- NCAA [http://www.ncaa.org](http://www.ncaa.org)
- Public Health Career Action Center [http://www.sph.emory.edu/studentservice/Career.html](http://www.sph.emory.edu/studentservice/Career.html)
- NYU Health Education Professional Resources-- job listings [http://www.nyu.edu/education/hepr/jobs/jobbank/](http://www.nyu.edu/education/hepr/jobs/jobbank/)
- Johnson and Johnson [https://opportunities.inj.com/index2.html](https://opportunities.inj.com/index2.html)
- Healthcare [www.healthmanagementcareers.org](http://www.healthmanagementcareers.org)
Education job listings web sites http://www.uncwil.edu/stuaff/career/Majors/education.htm
Health Care Job Bank http://www.healthcarejobbank.com/
Taz Sport Coaching Jobs http://www.tazsport.com/
U.S. Dept of Health & Human Services www.hhs.gov/jobs
www.hhs.gov/careers/students.html
TeamWork Online’s Sports Jobs http://www.teamworkonline.com/
Professional Baseball Employment Opportunities http://www.pbeo.com/
Jobs in Sports http://www.jobsinsports.com/

**Career Library Resources**

Occupational Outlook Handbook
O* Net
Opportunities in Sports and Fitness Careers
Careers in Focus - Coaches and Fitness Professionals
Careers in Focus- Sports
Athletes Guide to Career Planning
The Sports Industry

*Information for this handout compiled from:*

*Texas State University Career Services, University of North Carolina-Wilmington, Texas State Department of Health, Physical Education, and Recreation, DeSales University, World Wide Learn, University of Georgia Career Center, Hope College*