

HEALTH & HUMAN PERFORMANCE



WHAT CAN I DO WITH A MAJOR IN...?

WHAT IS HEALTH & HUMAN PERFORMANCE?

Do you want to change the world? The fields of health and fitness impact everyone, young and old, and if you want to make a real impact on the world around you, the Department of Health and Human Performance has a program to meet your needs.

We offer three undergraduate degrees (and the HHP major is further split into four specialized areas of study), three master's programs, and six certificate programs. We offer a variety of courses and programs online and on-campus; please explore the programs below for more information.

RELATED CAREER TITLES

EXERCISE SCIENCES

Cardiac Rehabilitation*	Exercise Physiologist	Exercise Test Technologist	Recreation Therapist
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HEALTH PROMOTION AND FITNESS PROGRAMMING

Activities Director	Community Services Officer Health Educator Officer	Fitness Program Coordinator	Health Teacher
AIDS Educator Alcohol/Drug Manager	Community/Commercial Recreation	Gerontology*	Health/Fitness Instructor
Aquatic Management	Corporate Fitness Director	Health Agencies	Hospital Health Education Units Environmental Health
Cardiovascular Fitness Instructor	County Health Agency	Health and Wellness Coach	Personal Trainer
Community Health Worker	Director of Community Health	Health Care Administration	Public Health Educator

RECREATION/SPORT MANAGEMENT

Adaptive Sports Director	Cruise Recreation Director	Exercise Program Director	SPA/Health Club Owner/Manager
Aquatic Park Manager	Director Dance Instructor/Aerobics Instructor	Fitness Program Coordinator	Sports Event Planning
Community Recreation Director	Director of Intramurals & Recreation	Health/Fitness Instructor	Sports Information Director
Corporate Recreation Director	Director of Sports Facilities	Resort/Club Management	Sports Promotion

SPORT AND EXERCISE THERAPY

Athletic Trainer*	Nutrition Specialist	Physical Therapist*	Respiratory Therapists Personal Care Aides
Director of Sports Medicine	Occupational Therapist*	Physician Assistant*	Strength and Conditioning Coach
Kinesiologist	Personal Attendant	Rehabilitation Specialist*	

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TEACHING AND COACHING K-12

Athletic Director	Sports Event Coordinator	Sports Nutritionist	Sports Psychologist*
Sporting Goods Manufacturer's Rep.	Sports Information Director	Sports Officiating	Strength and Conditioning Coach

*Careers requires additional education

TRANSFERABLE SKILLS

Athletically inclined	Interest in Health Issues	Motor Skills
Demonstration Skills (physical activities)	Interest in Physical Activities	Oral & Visual Communication Skills
Discussion Skills (ie, human sexuality)	Interest in Teaching	Patience
Interest & Knowledge in the mechanics and general health of human body	Knowledge of Proper Nutrition	Planning Skills
Interest in Coaching	Motivational Skills	

Attainment and demonstration of [NACE Career Readiness Competencies](#) help prepare for a successful transition into the workplace.

CONTACT FOR ADDITIONAL INFORMATION

Health and Human Performance - Cunningham Hall 139 - 785.628.4376

RELATED CAREER EXPLORATION LINKS

Massage Therapy Program: <https://www.fhsu.edu/hhp/Massage-Therapy/index>

FHSU Neuromuscular Wellness Center: <https://www.fhsu.edu/hhp/nwc/index>

FHSU Career Services: <https://www.fhsu.edu/career/>

Occupational Outlook Handbook: <http://www.bls.gov/ooh/>



Click to explore additional career information