Health & Human Performance Emphasis

The Health & Human Performance emphasis offers Kinesiology undergraduate students the opportunity to construct a course of study that will serve various career goals. Students in the Health and Human Performance track are required to complete the following course work:

Biology 13/14  Human Anatomy for Kinesiology Majors with Lab*
Biology 25/26  Human Physiology with Lab*
*Chem 2/3 and Bio 10/11 are Pre-Requisites for both Bio 25/26 and Bio 13/14
Kinesiology 10  Introduction to Kinesiology
Kinesiology 15  Measurement and Evaluation in Kinesiology
Kinesiology 110/110L Exercise Physiology with Lab

Students must select ONE of the following courses:
Kinesiology 106  Women in Sport
Kinesiology 111  History of Health, Sport & Exercise
Kinesiology 112  Sport & Exercise Psychology
Kinesiology 114  Sociology of Sport and Physical Activity

In consultation with a Kinesiology Department advisor, select a minimum of SEVEN additional upper division courses. FOUR of these courses must be in the Kinesiology Department. Other courses may be selected from related programs with the department’s approval. Students may select two additional lower division courses and two additional upper division courses to be included in their major. The following are examples of Kinesiology courses typically selected by HHP students:

Kinesiology 102  Structural Biomechanics
Kinesiology 107  Nutrition for Sport & Physical Activity
Kinesiology 109  Care and Prevention of Athletic Injuries
Kinesiology 115  Fitness Testing and Exercise Prescription
Kinesiology 117  Human Motor Performance
Kinesiology 118  Issues in Community Health
Kinesiology 122  Principles of Strength & Conditioning
Kinesiology 127  Health Promotion: Planning and Evaluation
Kinesiology 195  Internship
Kinesiology 197  Independent Study

The following are some of the departments that offer courses that have been utilized in the Health and Human Performance program:

• Psychology  • Anthropology
• Biology  • Communication
• Chemistry  • Economics

*All students must complete 36.00 course credits; 17 of which must be upper division course credits.
*All general education course requirements, major and minor (if applicable) requirements must be completed. All prerequisites must be passed with a grade of C- or higher.
*All students must have a cumulative and major grade point average of at least 2.00.
# Career Opportunities in Health and Human Performance

## Health Promotion
- Community Wellness
- Health & Wellness Specialist
- Disease Prevention Activist
- Chronic Disease Health Educator
- Health Promotion Program Coordinator
- Worksite Health Promoter

## Clinical
- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Clinical Dietician
- Clinical Exercise Physiologist
- Exercise Specialist
- Physical Therapy Assistant

## Performance
- Sport Nutritionist
- Sport Psychologist
- Strength & Conditioning Coach
- Athletic Trainer
- Teacher (College, K-12)
- Coach
- Personal Trainer

## Science
- Exercise Physiologist
- Biomechanist
- Lab Technician
- Sport Nutrition Product Development
- Ergonomist
- Prosthetics Development
- Epidemiologist

The options listed above are only some examples of the careers in Health and Human Performance. A professional certification and/or graduate education may be required.

## Potential Employers in these areas include:
- Public and Private Schools
- Hospitals
- Olympic Training Centers
- City Parks and Recreation Centers
- Health and Fitness Clubs
- Corporate Wellness Facilities
- Amateur and Professionals Sports Teams/Leagues
- Government health departments & agencies

## Useful Resources:
- American College of Sports Medicine (ACSM): [www.acsm.org](http://www.acsm.org)
- American Society of Exercise Physiologists: [www.asep.org](http://www.asep.org)
- American Kinesiology Association: [www.americankinesiology.org](http://www.americankinesiology.org)
- Exercise Jobs: [www.exercisejobs.com](http://www.exercisejobs.com)
- National Commission for Health Education Credentialing: [www.nche.org](http://www.nche.org)