

1. What does it mean to major in Health and Human Performance?

A student pursuing a Bachelor of Science degree from the Department of Health and Human Performance can choose one of five concentrations: Applied Exercise Science Concentration; Health Care Management Concentration; Health Concentration; Human Movement Concentration; or K-12 Teaching Concentration.

- a) Applied Exercise Science Concentration prepares students to be personal trainers or as an avenue to pursue post-graduate professional schools such as physical therapy or occupational therapy.
- b) Health Care Management Concentration students gain knowledge and skills necessary to begin an entry-level administrative position in the health care management field.
- c) Health Concentration promotes health in individuals and communities through self-knowledge, education and programs for all ages.
- c) Human Movement Concentration promotes an understanding of how the body moves and educate others in the area of physical activity and healthy lifestyle.
- d) K-12 Teaching Concentration is designed for students seeking a teaching license in health, physical education and wellness for public/private school employment.

2. Why is the Austin Peay State University a good place to major in Health and Human Performance?

The full-time HHP faculty hold doctoral degrees in their specializations and offer expertise in many health and human performance areas. The university has a strong focus on teaching and one-on-one advising. Additionally, the concentrations (except K-12 Teaching) include an internship which provides valuable work experience. Many of the concentrations also have opportunities for students to practice their skills in real-life settings such as in the exercise physiology lab or working with special populations in campus-based physical activity programs.

3. What can APSU Health and Human Performance majors do after graduation?

- a) Applied Exercise Science Concentration: seek specific certifications from the American College of Sports Medicine or National Strength and Conditioning Association; or for employment as a fitness specialist in health clubs, hospitals, corporate wellness, or possibly professional sports teams. Additionally, students can seek admission to professional schools such as physical therapy or occupational therapy.
- b) Health Care Management Concentration: entry level management position in hospitals, health clinics, or nursing homes to name a few. Graduate school is recommended for advancement. Job growth is anticipated in this field.
- c) Health Concentration: work in a health-related business or local agency; or pursue a graduate degree in health education or in a professional program such as physical therapy.

- d) Human Movement Concentration: leadership in recreational facilities, YMCA, or fitness centers. The degree is also for students who want to earn a baccalaureate degree and have a strong interest in human movement.
- e) K-12 Teaching Concentration: seek a teaching career in public or private school for grades K-12 in health, physical education or wellness

4. Whom should I contact to learn more about majoring in Health and Human Performance?

Dr. Marcy Maurer, Department Chair
267 Dunn Center
Austin Peay State University
Clarksville, Tenn 37044
(931) 221-6111
maurerm@apsu.edu
<http://www.apsu.edu/hhp>