



What Can I Do With A Major In...?

Health and Human Performance (Exercise Science, Health Promotion and Public Health Studies)

Health and Human Performance Programs Available at the University of St. Thomas:

Majors: B.A. Public Health Studies, B.S. Health Promotion, B.S. Exercise Science, Health Education K-12, Physical Education K-12

Minor: Public Health Studies, Exercise Science

Department Website: <http://www.stthomas.edu/hhp/>

Major Overview:

Health and Human Performance offers the following undergraduate professional programs of study:

1. A major in physical education teaching which leads to licensure at the elementary, middle, and secondary levels. Candidates successfully completing all coursework and MN teacher licensure requirements will be able to effectively execute and teach numerous physical activities in a K-12 setting.
2. A major in health education teaching leads to licensure at the middle and secondary school levels. Candidates successfully completing all coursework and MN teacher licensure requirements will be able to effectively teach numerous health topics in a 5-12 setting.
3. A dual major in physical and health education leads to licensure in both 5-12 health education and K-12 physical education. Candidates successfully completing coursework and MN teacher licensure requirements in both areas will be able to effectively teach a variety health topics and physical education activities in the school system.
4. A major in public health studies prepares students for work in public and community health. Students graduating with a major in public health studies will be able to effectively apply the knowledge and skills required in public health, community health education, preventive health care, and nonprofit health advocacy settings.
5. A major in health promotion prepares a student for work as a fitness specialist outside the school setting. Students graduating with a major in health promotion will have had experience either at a work site or fitness setting. They will demonstrate the skill and knowledge expected of the entry-level exercise science professional in the areas of designing, implementing and evaluating health promotion programs, assessing fitness, prescribing exercise, and facilitating lifestyle behavior change, both in a normal and special population. They will effectively assess theory and interface it with practice.
6. A major in exercise science prepares the student for entrance into a doctor of physical therapy program, graduate programs in exercise science or other related fields. A student graduating with a major in exercise science will be trained on highly sophisticated assessment equipment and will have gained real-world experience in a variety of settings outside the classroom.
7. A minor in public health studies provides students with basic public health concepts and skills that complement the student's major.
8. A minor in exercise science is intended for students looking to enhance their career objectives and goals who may be considering work in the allied health, wellness or fitness world. A minor increases a student's knowledge base, enhances qualifications, provides for a greater competitive edge in the job market and builds individual credibility. This minor is a good complement to a number of other disciplines such as business, marketing, communications and psychology

University of St. Thomas 2014-2016 Undergraduate Catalog



What do UST HHP alumni do?

A sample of entry level job titles and employers of alumni six to nine months after graduation:

Sample Job Titles: Trainer, Medical Scribe, Developmental Trainee, Health Advisor, Personal Trainer, Clinical Assistant, Physical Therapist Aide, Certified Nursing Assistant, Lab Technician, Helpline Representative, Wellness Intern, Patient Educator, Rehabilitation Clerk, Care Guide, Clinical Review Technician, Patient Care Assistant, Public Health Education Coordinator

Sample Employers: Anytime Fitness, Emergency Care Consultants, Fraser, HealthFitness, Life Time Fitness, Mayo Clinic, Motion Care Physical Therapy, Optum, Rennes Health and Rehab Center, Sanimax, Staywell, University of St. Thomas, Chiropractic Health and Wellness, CBIZ Benefits & Insurance Services, Inc., CRU Group, Fairview Clinic, HealthPartners, Mental Health Resources, Inc., Prime Therapeutics LLC, Saint Cloud Hospital, Snap Fitness Corporate, Todd County

University of St. Thomas 2013-2014 Post-Graduate/First Destination Survey

Additional Industries & Career Areas:

Physical Fitness	Sports Medicine
Athletic Training	Business
Physical Therapy	Occupational Therapy
Medicine	Kinesiology
Chiropractic	

