



# Why major in **Health and Human Performance?**

Pursuing a major in health and human performance provides students with the knowledge to pursue a career in medical field, training, teaching, and coaching as well as preparing students to pursue higher education degrees in physical and occupational therapy, athletic training, and much more! The curriculum is centered on topics such as anatomy, sports psychology, kinesiology, exercise physiology and motor development.

## **Program Distinctives**

The HHP major at UPIKE provides exciting opportunities for our students. The program combines classroom instruction with hands-on learning opportunities both in a laboratory and real-world settings. Upon completing the program, students should be prepared to sit for several certification exams, including certified strength and conditioning specialist, group fitness instructor and certified personal trainer, among others.

## **Career Paths**

- » Clinical
  - Physical Therapy
  - Exercise Testing
  - Fitness Testing
  - Cardiac Rehabilitation
  - Athletic Training
  - Occupational Therapy
- » Non-clinical
  - Coaching
  - Physical Education
  - Personal Training
  - Strength and Conditioning
  - Fitness Instructor
  - Health and Wellness Coaching



### **Program Coordinator**

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**SCAN FOR  
MORE INFO**