

Heath & Human Performance

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Program Description

The Department of Health & Human Performance (HHP) currently offers two academic program opportunities, as well as a variety of activity courses for Fitness, Adventure, and Sport Skill Development.

Academic Offerings:

- The HHP Department also offers a Bachelor of Science degree in Exercise Science. The Exercise Science curriculum prepares students for specialized credentialing through organizations like the American College of Sports Medicine. Exercise Science students may also tailor their degree for graduate programs in various clinical/performance-related fields, as well as for a post baccalaureate secondary teaching licensure in Physical Education.
- The department offers a Recreation Management Emphasis within the Interdisciplinary Arts & Sciences Degree program. The Recreation Management emphasis is one of 28 available tracks under the Interdisciplinary Arts and Sciences Program. A Baccalaureate degree requires that a student choose any two areas of study as well as complete the DSU Integrated Core and General Education Requirements.

Activity Program: The Physical Activity Program offers courses for the development of health-related physical fitness, outdoor adventure, and sport skill development.

- Examples of Health-related fitness courses include Weight Training, Swimming, Aerobic Dynamics, Water Aerobics, Kundalini & Vinyasa Yoga, etc. Students may also take a fitness course ("Fitness Center") which allows for individualized workouts to better meet individual goals and busy schedules.
- Examples of Outdoor Adventure Classes include Rock Climbing, Mountain Biking, Outdoor Cooking, Backpacking, and SCUBA Diving. Various levels of these courses are taught to accommodate beginners as well as students with more advanced knowledge and abilities in various adventure pursuits.
- The Sport Skill Development curriculum includes courses designed for novice/ beginning level students as well as courses for students with extensive backgrounds in particular sports. The course offerings range from traditional sports like Basketball, Volleyball, Tennis, Soccer, Golf, Softball, Racquetball, etc. to various forms of Martial Arts and competitive Triathlon Training. Increasing in popularity are the locally popular recreation and competitive sport activities like Badminton, Pington, and Pickleball.

Course Prefixes

- PEHR
- RSM
- HLTH

Degrees

- Bachelor of Science in Exercise Science (catalog.dixie.edu/programs/physicaleducationhealthrecreation/bachelor_of_science_in_exercise_science)
- Bachelor of Science in Population Health - Health Care Administration Emphasis (catalog.dixie.edu/programs/physicaleducationhealthrecreation/bachelor_of_science_in_population_health_emphasis_in_healthcare_administration)
- Bachelor of Science in Population Health - Public Health Emphasis (catalog.dixie.edu/programs/physicaleducationhealthrecreation/bachelor_of_science_in_population_health_emphasis_in_public_health)
- Bachelor of Science in Recreation and Sport Management - Sport Management Emphasis (catalog.dixie.edu/programs/physicaleducationhealthrecreation/bachelor_of_science_in_recreation_and_sport_management_sport_management_emphasis)
- Bachelor of Science in Recreation and Sport Management - Corporate Recreation and Wellness Emphasis (catalog.dixie.edu/programs/physicaleducationhealthrecreation/bachelor_of_science_in_recreation_and_sport_management_corporate_recreation_and_wellness_emphasis)

- Bachelor of Science in Recreation and Sport Management - Experience Industry Management Emphasis (catalog.dixie.edu/programs/physicaleducationhealthrecreation/bachelor_of_science_in_recreation_and_sport_management_experience_industry_management_emphasis)
- Bachelor of Arts/Science in Integrated Studies - Recreation Management Emphasis (catalog.dixie.edu/programs/physicaleducationhealthrecreation/bachelor_of_sciencebachelor_of_arts_in_integrated_studies__recreation_management_emphasis)

Health and Human Performance

Career Opportunities

A degree in exercise science can primarily lead to a career as a fitness trainer or instructor, or an athletic trainer. A fitness trainer or instructor leads, instructs, and motivates individuals or groups in exercise activities. A bachelor's degree is not needed to become a fitness trainer or instructor; however, it does give an advantage. An athletic trainer specializes in preventing, diagnosing, and treating muscle and bone injuries and illnesses. A bachelor's degree is the minimum requirement for this occupation.

Job Outlook

Employment of fitness trainers and instructors is projected to grow 8% over the 2014-2024 decade, about average for all occupations. On the other hand, employment of athletic trainers is expected to grow 21% in the same time span – much faster than average.

Salary Range

In May 2015, the median annual wage for fitness trainers and instructors was \$36,160; the lowest 10% earned less than \$18,690, and the highest 10 percent earned more than \$70,180. For athletic trainers, the median annual wage was \$44,670. The lowest 10 percent earned less than \$28,480, and the highest 10 percent earned more than \$68,300.