



What can I do with a Major in... Health and Sports Sciences

What is Health and Sport Sciences at U of L?

The Department of Health and Sport Sciences (HSS) prepares students to be leaders, teachers and researchers in the areas of health and human performance for P-12 education, public and private corporations, and governmental agencies. HSS further prepares and trains professionals in education, sport management, exercise physiology and health education. The HSS department offers degrees in in health education, sport management, exercise physiology and health promotion.

These programs provide learners with the skills and knowledge necessary to educate individuals and organizations about health, exercise and wellness, and enable them to make positive, long-term changes throughout their careers and lives.

Degrees in Health and Sport Sciences at U of L:

Minor in Exercise Science

Bachelor of Science (B.S.) in Health and Human Performance with Concentration in Exercise Science

Masters of Science in Exercise Physiology

Bachelor of Science (B.S.) in Health and Human Performance with Concentration in Public Health Education

Masters of Education (M.Ed.) in Health Education

Minor in Health Education

Masters of Arts in Teaching (MAT) Physical Education

Master of Education in Health and Physical Education

Physical Education (B.S.)(Teacher Prep)

Physical Education (B.S.)(Non-Teacher Prep)

Bachelor of Science (B.S.) in Sport Administration

Masters of Science (M.S.) in Sport Administration

Ph.D. in Educational Administration/Educational Leadership & Organizational Development

What is Exercise Physiology?

Physiology is a branch of science concerned with the function of a living organism and its parts. Exercise Physiology is a division of physiology that investigates the functioning of the body during activity and exercise.

An Exercise Physiologist, according to the American College of Sports Medicine (ACSM) Careers Bulletin, is a professional who studies the acute and chronic physiological responses and adaptations resulting from physical activity.

Exercise physiologists apply their knowledge and skills to improve or maintain health, fitness, or performance, working with disease and rehabilitation as well as with high performance athletes.



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What Is a Health Educator?

Health education is the cornerstone of all health promotion efforts. Health education empowers individuals, groups, and communities to seek enhanced quality of life.

A health educator encourages healthy living by providing a "combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to acquire information and the skills needed to make quality health decisions." (Joint Commission, 2001)

A health educator uses the teaching-learning process to impact awareness, knowledge, attitudes, and behaviors. This emphasis is the primary distinction between health education and other helping professions.

Masters of Arts in Teaching (MAT) Physical Education

The Department of Health and Sport Sciences offers a Master in the Arts of Teaching (MAT) program that leads to K-12 certification. This program enhances students' awareness level of sequential teaching and learning "best practices" within the growth motor and development of children. Completion of the MAT enhances students' employment opportunities because they are certified to teach both health and physical education at all grade levels.

Master of Education in Health and Physical Education

Students take a core of four research and technology classes, plus program planning and leadership classes. The flexibility in the program comes from 15 hours of courses approved by the advisor. The program is competency based so that students build a foundation in theory and develop skills to design, implement and evaluate programs in worksite, medical service and community settings.

Master of Science in Sport Administration and a Bachelor of Science in Sport Administration

Both the graduate and undergraduate programs are approved (accredited) by the Sport Management Program Review Council (SMPRC). The SMPRC was created by the National Association for Sport and Physical Education (NASPE), and the North American Society for Sport Management (NASSM) to act as an entity that reviews sport management programs. The Sport Administration (SPAD) program has a diverse student population representing a variety of geographical, cultural, educational, and professional backgrounds.

Career Opportunities

Careers in Exercise Physiology

Exercise physiologists work in a variety of settings, including commercial, industrial, and clinical workplaces. Exercise Science graduates find jobs in public health education, exer-



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cise science and teaching health and physical education. Exercise Physiology graduates find jobs allied health fields such as nursing and physical therapy as well as in such fields as aviation physiology, cardiac rehabilitation, corporate wellness, and ergonomics.

Careers in Health Education

Health educators are trained to coordinate and implement a variety of programs such as women's and men's health, Physical fitness, first aid and safety, tobacco control.

Careers in Sport Administration

U of L SPAD graduates find jobs in professional sports, business and marketing, exercise science, physical education, collegiate and high school coaching, collegiate and high school athletic administration, recreation, health and fitness, and other areas in the sport industry.

Employment and Credentialing

Exercise Science and Physiology Certifications

The Exercise Physiology program provides the knowledge and course work to prepare students for certification by the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

Minor in Health Education

The health education program is state approved for certification in health education. Undergraduates in the HHP program with a minor in health education have an opportunity to qualify for professional certification (CHES).

Credentialing in Health Education

The program is affiliated with the National Commission for Health Education Credentialing, Inc. (NCHEC), the only credentialing agency certifying education professionals who are qualified in every aspect of the health education profession.

Sport Administration

UofL SPAD graduates find jobs in professional sports, business and marketing, exercise science, physical education, collegiate and high school coaching, collegiate and high school athletic administration, recreation, health and fitness, and other areas in the sport industry.

Related Links in the Health and Sport Science Discipline:

[Professional Association Links](#)

American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
North American Association for the Study of Obesity (NAASO)



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Federation of American Societies for Experimental Biology (FASEB)
American College of Sports Medicine (ACSM)
National Strength and Conditioning Association (NSCA)
National Commission for Health Education Credentialing, Inc. (NCHCEC)

Strategies and Suggestions

- Obtain a degree in education with a major in physical education or other sport-related major and teacher certification for the state in which you want to teach.
- Obtain a graduate degree to teach at the college level or to advance into administrative positions.
- Supplement your program with courses in communications, science, and business to permit greater flexibility upon graduation.
- Maintain physical fitness for yourself to be a role model for students.
- Check with college placement offices for job openings. They often receive notices from other colleges and school that need to hire instructors.
- Apply for summer school positions as a way to get your foot in the door of a school system.
- Get a summer job working in a youth recreation center to get experience.
- Obtain a four-year degree. Physical education is a good choice.
- Most high school coaches also have teaching responsibilities which requires certification in a subject area.
- Most coaches have played the sport they coach, so get plenty of playing time in your sport. Professional coaches have usually coached at the college and university level first.
- Know first aid techniques.
- Gain additional knowledge in areas such as strength and fitness development and nutrition. Keep track of current developments in training and conditioning.
- Learn about motivational techniques.
- Develop organizational skills to schedule games, recruiting, etc.
- Be aware of the legal issues related to coaching.
- Volunteer to coach neighborhood, church, and community teams to gain experience. --Serving as a referee or umpire can hone your knowledge and recall of the rules of your sport.
- Attend the practices of teams at various levels to observe coaches' techniques.
- Read trade magazines and books to stay current on developments in your field.
- Most referees hold down full-time jobs in addition to refereeing.
- The national Football League (NFL) requires individuals to have at least ten years experience refereeing varsity college football before applying to be an NFL referee.
- Get licensed through the Professional Football Referees Association.
- Volunteer to umpire youth games or Little League to get as much experience as possible.
- Attend an umpire training school or camp, a requirement to get into this field professionally.
- Obtain certification to officiate in National Collegiate Athletic Association (NCAA) games.
- Join sports associations and organizations to keep up with developments in the field and to make contacts.
- Attend classes, seminars, camps, and workshops sponsored by these organizations and associations.



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