

Applied Health and Human Performance

ABOUT THIS PATHWAY

Focus on wellness, fitness, movement, and performance-based learning. This pathway prepares students to promote health and lead wellness programs that transform lives.

WHO IS THIS FOR?

- Students interested in health promotion, fitness, coaching, or wellness support roles
- Students with a passion for physical activity and community wellness
- Those pursuing careers in fitness, recreation, or health coaching

POSSIBLE CAREER DIRECTIONS

- Fitness Support
- Wellness Coaching Support
- Recreation Support
- Health Promotion

EXAMPLE PATHWAY COURSES

HPER 165 Personal Fitness

HPER 170 Health and Wellness

HPER 180 Fitness Walking

HPER 183 Weight Training I

HLTH 210 Foundations of Health Science

PHED 224 Fitness Program Management

PHED 226 Principles of Fitness Instruction

PHED 232 Coaching and Officiating

HLTH 311 Special Topics in Health

HLTH 347 First Aid Emergency Medical Care

IMPORTANT NOTE:

Courses listed are examples only. Students work with their academic advisor to build a fully customized degree plan that meets all graduation requirements.