

# Health & Human Performance

## Typical Career Fields:

*Physical Fitness* (projected growth 2% - 4%)

- Personal Training
- Group Fitness
- Athletic Training
- Sales
- Facility Manager
- Education
- Operations
- Consultation

*Sports Medicine* (projected growth 15% - 21%) 🌟

- Orthopedics
- Osteopathics
- Physiology
- Kinesiology
- Chiropractic
- Prosthetics
- Biomechanics
- Nutrition
- Research

*Business/Corporate Wellness* (projected growth 8% - 14%)

- Risk Reduction
- Marketing
- Pharmaceuticals
- Sales
- Product Development
- Program Development
- Education
- Biomechanics

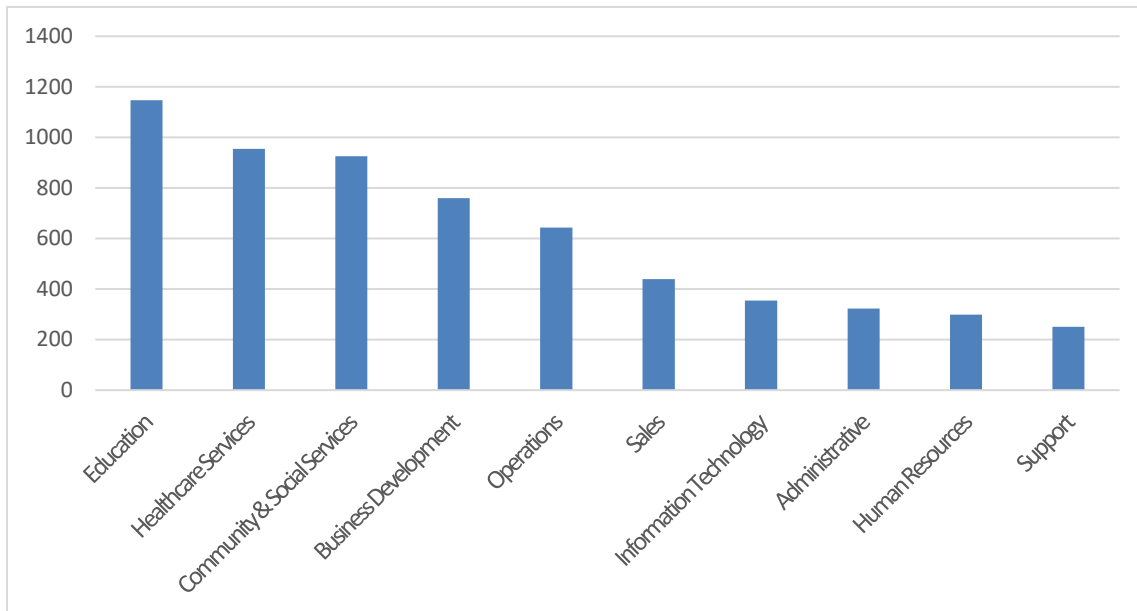
*Community Health* (projected growth 14% or higher) 🌟

- Health Education
- Health Policy
- Nutrition
- Risk Assessment
- Administration
- Grant Writing

🌟 = Bright Outlook

Source: O\*NET

## Top Ten Career Fields Chosen by ESU Health & Human Performance Grads: (Source: LinkedIn)



## Where Our Grads Go (top ten):

- Newman Reg. Health
- Stormont Vail Health
- Univ. of Kansas Health
- KDHE
- Via Christi Health
- Saint Luke's Health System
- FHCHC
- Genesis Health Clubs
- Cerner Corp.
- Corporate Fitness Works

View a list of required courses for this major at <http://www.emporia.edu/sac/list-of-majors.html>.

Career Services

[career@emporia.edu](mailto:career@emporia.edu)

620-341-5407

[www.emporia.edu/careerservices](http://www.emporia.edu/careerservices)

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## **Health & Human Performance Majors**

Strategies on how to become more marketable at graduation

### **Fitness**

- Maintain up to date knowledge of trends in fitness and safety practices.
- Obtain necessary certification in addition to CPR certification.
- Develop computer skills and familiarity with technology used in the field.
- Maintain excellent personal fitness and athletic proficiency.
- Volunteer at a gym or fitness facility to gain familiarity with methods of fitness instruction.
- Remain calm under pressure and maintain a positive, outgoing personality.
- Develop excellent interpersonal skills for working with clients, coaches, and team physicians.
- Volunteer to work with college or high school sport teams or lead exercise programs for local, nonprofit organizations.

### **Sports Medicine**

- Develop strong computer, science, mathematics, and verbal and written communication skills.
- Join related professional and student organizations and seek leadership roles.
- Find internship and research opportunities with professors and other experts in the field to gain experience.
- Meet with a pre-health advisor periodically to discuss curricular decisions.
- Maintain a high grade point average and secure strong recommendations for graduate or professional schools.

### **Wellness**

- Participate in campus health promotion or wellness education programs.
- Earn a master's degree in nutrition, public health, or related field to increase job opportunities.
- Develop strong presentation and public speaking skills.
- Learn to work well with people of varying socioeconomic and racial backgrounds.
- Seek experiences in the public health arena.
- Research government application procedures.
- Take additional courses in marketing, advertising, and public relations.
- Gain experience with public speaking and sales.
- Obtain a part-time job or internship in the areas of wholesaling or retail.
- Build relationships with coaches, athletic directors, and college equipment/uniform representatives.
- Consider working with manufacturers of exercise equipment or nutritional supplements to learn more about the field and make contacts.