Subject: HEALTH + HUMAN PERFORMANCE Restructuring

Date: Wednesday, April 12, 2023 at 4:28:46 PM Central Daylight Time

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Dear Hornet Nation,

When Emporia State University created the Health and Human Performance major in the Department of Health, Physical Education and Recreation, graduates initially found jobs as employee or corporate wellness professionals, collegiate strength and conditioning coaches, fitness facilities managers, cardiac rehabilitation professionals, and a variety of other public health positions.

When the first graduate of the program was accepted into a physical therapy program in 2012, it changed everything!

Today, Emporia State, along with our generous donors, is investing in updates to the Human Performance Lab. This will continue to set our graduates apart from others entering the field. Already immersed in significant experiential, hands-on field-based opportunities, this new lab with state-of-the-art equipment will continue to prepare our graduates to be leaders in the field.

HHP students at Emporia State learn community outreach through organizing the annual Laps 4 Landon event. They also enhance their skills through internships and practicums at a variety of sites. Our graduates now work in strength and conditioning at high school, colleges and even the U.S. Olympic Committee. They are employed in corporate wellness programs for companies like Southwest Airlines and Marathon Petroleum Corp. And they work in clinical settings for cardiac rehab and occupational therapy at large health systems like for St. Luke's Hospital.

In our HHP classrooms, faculty truly get to know each of their students and what their goals are, and they work with them to make those goals a reality. Right now, our program has a 100% acceptance rate for our graduates who go on to Physical Therapy and Occupational

Therapy programs when they earn at least a 3.85 or higher in our program. And 100% of them have successfully completed their programs!

Our curriculum provides the necessary foundation for graduates to build upon at the master's or doctoral level. The ESU program is certified by the National Strength & Conditioning Association, which means that our majors who want to go into non-clinical settings, usually ones focused on exercise, fitness and strength and conditioning, can take the NSCA exam upon graduation. This certification is highly respected in those industries because it proves they have the education to work with diverse populations safely and effectively.

Additional Resources:

- Video from Dr. Jennifer Thomas, associate professor, Health, Physical Education and Recreation: https://youtu.be/g0xxGxgKacI
- News release about Health and Human Performance updates: https://www.emporia.edu/news/april-2023-health-human-performance/
- Website about all of the announced reinvestments: emporia.edu/future

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