

# HEALTH *and* HUMAN PERFORMANCE

*"Being an HHP major allowed me to look at different career options within the field. This exposure provided me with multiple opportunities, while leading me towards my strengths in K-12 teaching." - Donnie, Health Studies Major*

*"I learned the foundational knowledge of kinesiology, anatomy, and biomechanics from the brightest of minds which prepared me for my experience in Physical Therapy school." - Joel, Health Studies Major*



## ABOUT THE DEPARTMENT

Graduates may earn a Bachelor of Arts (BA) in General Health and Human Performance, Health & Human Performance, P-12 Teaching, or Health Studies. We offer minors in Health Studies and Dance. Impactful learning opportunities through coursework and labor positions, within and outside the department, are offered to enrich students' learning experiences

## OPPORTUNITIES & INTERNSHIPS

- Obtain certifications in:
  - American Red Cross First Aid, CPR & AED
  - American Red Cross First Aid & CPR Instructor
  - American Red Cross Water Safety
  - American Red Cross Lifeguard Training
  - Health & Physical Education K-12 Teaching
  - PADI Scuba Diving
  - NASPA Peer Health Educator
  - NSCA Certified Personal Trainer
- Gain experience through a variety of internship opportunities designed to prepare students for graduate-level studies or entry-level careers.
- Experiential learning with course labs and community outreach service-learning opportunities.
- Collaborative research experience, with the opportunity to publish or present at conferences.

- Students are encouraged to attend local or national professional meetings and conferences.
- Engage in labor positions such as teaching assistant, athletic training, coaching, personal training, officiating, outdoor recreation, etc.
- These opportunities strengthen the foundation for pursuing careers in the field of Health and Human Performance.

## CAREERS & OUTCOMES

HHP graduates find success in a wide range of occupations and career paths including:

- Athletic Training
- Aquatics
- Biomechanics
- Coaching
- Dance Movement Therapy
- Dance Educator
- Exercise Physiology
- Fitness, Recreation and Sport Management
- Occupational Therapy
- Outdoor Adventures
- Personal Training
- Physical Therapy
- Research
- Sports Management
- Sport Psychology
- Strength and Conditioning



## WHY IS A LIBERAL ARTS EDUCATION VALUABLE?

A liberal arts education at Berea College, combined with our work study program, equips students with highly employable skills like communication, problem-solving, and teamwork. Beyond offering a degree program, we help our students develop social responsibility and prepare them to successfully navigate diversity, change, and the complex demands of a modern work place.



80

percentage of employers who want colleges to emphasize critical thinking, analytic reasoning, and oral and written communication.

#1

Berea College's ranking as "Best Liberal Arts College" by Washington Monthly Magazine, 2018.

75

percentage of employers who believe successful college graduates should have both liberal arts training and experience in the field.

90

percentage of Berea students who credit liberal arts and work study for developing their communication, critical thinking, & problem-solving skills.



*"People with a liberal arts education are able to think and view the world from several different perspectives . . . This ability to understand and adapt is very valuable in today's workplace."*

**Edward B. Rust Jr.**  
**Chairman and CEO, State Farm Insurance Companies**