

Health Promotion and Exercise Science

About the Major

Shepherd University's Department of Health, Physical Education, Recreation and Sport (HPERS) provides students with a professional baccalaureate experience in health promotion and exercise science. The degree provides **the necessary theory and skills** for students who intent to work in the health, wellness, and fitness industry. In addition, this degree program **provides students with the knowledge and required skills to be successful in a variety of graduate programs** in health, exercise science, and allied health care professions. Students completing this program will **be prepared to acquire advanced certifications from some of the most respected and well-known health and fitness organizations** such as the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

Careers

Upon completing the program and passing the certified exams, students can find career opportunities in physical therapy, athletic training, sport injury rehabilitation, and many other areas closely related to health, wellness, sport, and athletics.

Get Involved

- Take **Exercise Leadership (HLTH 100)** and **First-Year Experience in Health Promotion and Exercise Science (HLTH 101)** your first semester to learn the ins and outs of this major.
- **Become a member of a professional organization** to enjoy networking and future career opportunities.
- Join the **human performance lab team** to assist other students in reaching their health and wellness goals.
- **Attend professional conferences** at the local, state, and national levels.



Human Performance Lab

Points of Pride

- State of the art human performance lab for student training.
- **Excellent faculty with outstanding knowledge, experience, and expertise** in the field of health promotion and exercise science.
- **Small class sizes** that enhance the learning environment.
- **Comprehensive curriculum** that prepares students to continue their education in the areas of physical therapy, athletic training, personal training, and other careers devoted to health promotion and exercise science.



Program students visited local elementary schools teaching children about healthy eating.

Contact

For more information about the program, contact:

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www.shepherd.edu/hpers

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