

Discover the science of health and fitness for life-long wellness with a degree from Health Promotion and Human Performance.

Bachelor's, master's, minors in many areas of health and wellness



Use state-of-the-art equipment and labs for outstanding fitness, nutrition and sports analysis

Engage with excellent instructors in small classes

Help athletes hit peak performance on and off the field

With an education in HPHP, choose from a wide array of health and fitness professions such as:

- | | |
|-----------------------------|---|
| Health and fitness director | Nutrition educator |
| Health educator | Exercise/recreation specialist |
| Personal trainer | Physical education teacher |
| Coach | Athletic trainer |
| Intramural sports director | Aerobics, health and fitness instructor |



"The Health Promotion and Human Performance program has excellent equipment and great professors. I love HPHP for my well-rounded education."

— Danielle Flint, *BIS*



WEBER STATE
UNIVERSITY

801-626-6691

Secretary

801-626-7425

Advisement Coordinator

801-626-7960

Chairperson

Weber State University

2801 University Circle
Ogden, Utah 84408



Department of Health Promotion and Human Performance

JERRY & VICKIE MOYES
COLLEGE OF
EDUCATION

Select from a wide variety of degrees and programs

- Master’s Degree
- Athletic Training (does not require a bachelor’s in Athletic Training)

- Bachelor’s Degrees
- Athletic Therapy
 - Health Promotion
 - Physical Education
 - Athletic Training
 - Human Performance Management

- Minors
- Coaching Sport
 - Health Promotion Teaching
 - Recreation
 - Health Promotion
 - Nutrition Education
 - Physical Education Teaching/Coaching

- Bachelor of Integrated Studies (BIS)/Emphasis Areas
- Coaching Sport
 - Exercise Science
 - Nutrition Education
 - Recreation/Leisure Services
 - Health Promotion
 - Lifespan Nutrition (all online)
 - Physical Education
 - Sports Medicine



Create a healthy lifestyle in exciting areas of Health Promotion and Human Performance

Get ready to work as a member of an athletic medical professional team or enter graduate school with a bachelor’s in **Athletic Training or Athletic Therapy**. Up-to-date labs and excellent clinical/internship opportunities are available. You can also get into our **Master of Science in Athletic Training** no matter what your undergraduate degree.

Develop the strategies to improve health and prevent disease with a major or minor in **Health Promotion**. Receive the education and experience required to enter the health education profession in school or community settings. Learn to implement and evaluate health programs.

Help individuals change their thinking and behavior toward wellness with a degree in **Human Performance Management**. Get experience with municipal recreation programs, sports administration and outdoor leisure services.

Enhance your teaching, coaching, research or leadership opportunities with a major or minor in **Physical Education**. Learn to supervise recreational activities or direct intramural programs, or combine with a teaching major or minor and the licensure requirements needed to teach.

Stay on the cutting edge of nutrition science with a minor in **Nutrition Education**. Help perform dietary analysis and design individualized diets for clients.

Explore the nature and significance of recreation and leisure with a minor in **Recreation**.



“The program is great. The teachers care, and they take time for students. If students want to get answers from the teachers and build relationships, then they should come to Weber State.”

— Yuki Sugimoto, Master’s Athletic Training



As a student enjoy FREE use of the 169,000 square foot newly remodeled facility

- Climbing wall

Multiple playfields

Human performance lab

Two indoor tracks

Nutrition lab

Multiple workout facilities

Academic offices/classrooms
- Pool

Racquetball

Stress management lab

Athletic training lab

Movement studios

Student locker rooms

Open extended hours for your convenience

Bring in this brochure for one free day for you and a friend at the Stromberg Complex.

Call ahead to schedule a tour at 801-626-6007. Make sure to bring your photo ID or Wildcard.