



Understanding, developing and promoting a healthy lifestyle is the major focus of the Department of Health and Human Performance (HHP) in the College of Education at the University of Houston (UH).

The HHP Department is committed to providing outstanding educational experiences and premier research opportunities designed to develop tomorrow's leaders in the exercise, health and fitness, sport administration and nutrition industries.

Our diverse and accomplished faculty is a student-oriented team of professionals on the forefront of educational technology. Their research projects include collaborations throughout the world.

Please contact us if you have any questions concerning our graduate programs.

Dr. Daniel O'Connor
Professor and Department Chair

Visit today ...

... at <http://hhp.uh.edu>

Or e-mail our graduate counselor
Ms. Lauren Abbott at leabbott@Central.UH.EDU

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Health & Human
Performance
Ph.D. in Kinesiology
with an emphasis in Obesity

Open the gateway to your future ...

with a Doctor of Philosophy
in Kinesiology with
an emphasis in Obesity

Designed for

- Administrators or scientists in public health environments (CDC, NIH, WHO)
- Advisors or employees in government agencies (state boards of health or education, urban planning boards)
- Neighborhood, city, regional state or national program or center directors
- Basic and translational scientists in physiology, exercise physiology, psychology, and medicine
- Educators at all levels
- Faculty researchers



"As a Registered Dietitian, I entered the program with a good foundation of knowledge about obesity. However, the classes, professors and research broadened and deepened my knowledge. I have learned to examine obesity as a multifaceted issue that needs innovative solutions—solutions I am confident I can investigate with the background provided by the program at the University of Houston."

*Penny L. Wilson
Owner, Eating for Performance
Adjunct Faculty, HHP*



"The program has allowed me to learn from professors with a diverse range of training from exercise physiology to psychology. The collaborations I have been a part of will undoubtedly make me an asset in academia, not only because of the experience, but also because of the knowledge I have gained. The obesity studies program has allowed me to work with a welcoming, diverse group of individuals that made my experience that much more enjoyable."

*Ygnacio Lopez, III, M.S.
Research Assistant/Teaching Fellow*

Why HHP

- Students have access to researchers, clinicians and patient populations through the Texas Obesity Research Center (TORC) and the Center for Neuro-motor and Biomechanics Research (CNBR) in the Texas Medical Center, as well as access to laboratories and researchers at the Johnson Space Center
- Students are eligible to apply for teaching and research fellowships that offer 9 credit hours of tuition waiver, plus a stipend each month (<http://www.uh.edu/financial/graduate>)
- Students have the opportunity to work with the #1 ranked, most productive faculty in the nation in the fields of health, physical education and recreation, according to Academic Analytics (http://hhp.edu/Currentevents/08_ranking.cfm)
- Students gain important marketability for promotions and career opportunities
- Students have access to outstanding facilities and equipment at UH

Why Kinesiology

Program Description

The Doctor of Philosophy in Kinesiology program currently focuses on three broad areas of kinesiology, namely motor control and learning, physiology and obesity studies.

It should be noted that the guiding philosophy of the program is that the student and advisor should work closely together to develop a course of study, which appropriately meets the student's professional goals. Acceptance of a student into the Ph.D. (kinesiology) program is determined by a number of factors, one of which is a clearly identified faculty advisor/mentor within the program. As such, it is a requirement that prospective students contact the professor/professors they share common scientific interests with prior to applying to the program.

Obesity

Obesity has been recognized as an epidemic by scholars, and lay audiences. It is arguably the single most pressing public health challenge facing the United States today. HHP uses a multilevel approach to the Ph.D. in kinesiology in obesity studies. The track includes faculty with research expertise spanning from the cell to society—including biological, behavioral, sociocultural, psychological and environmental perspectives, while also identifying and understanding the precursors, correlates, effective interventions and consequences of obesity. The translational obesity studies curriculum offers a unique, comprehensive approach to the public health issue particularly germane to our times.