



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. Charles Layne
Professor and Department Chair

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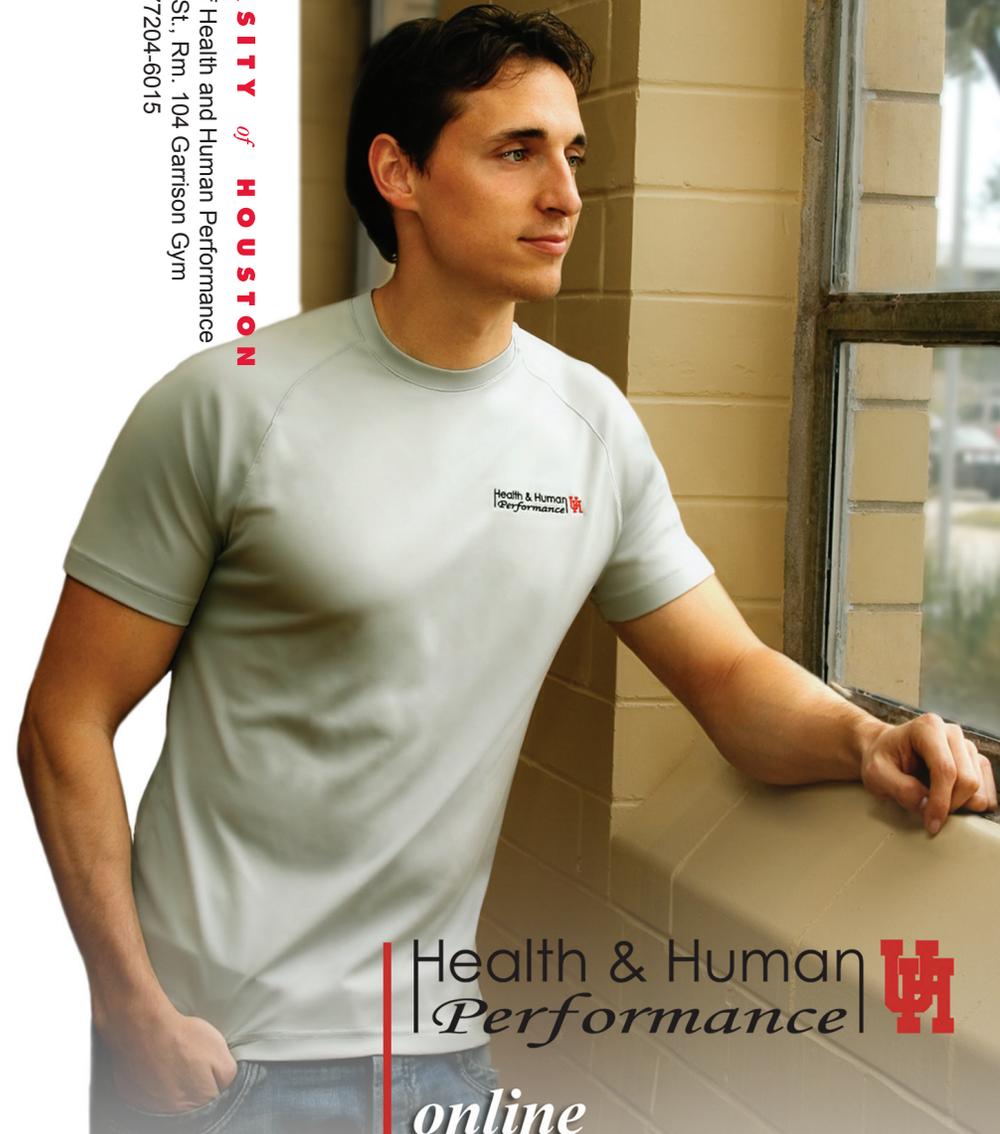
... at <http://hhp.uh.edu>

Or e-mail Mr. Todd Boutte:
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The University of Houston is an EEO/AA institution

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Department of Health and Human Performance
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- Physical education teachers
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- Sport and exercise specialists
- Specialists working in fitness programs in corporate and medical settings
- Students who are preparing to pursue an advanced degree
- Certification to teach physical education
- Professional development
- Business personnel in the sports industry



"Because I have a growing family, and I live over 600 miles away from Houston, an online degree was the perfect fit for me! I am confident that I obtained a valuable and complete education that will enrich my career. I was blessed to work with professors who are passionate about their field, and who have inspired and enabled me to promote physical activity and a healthy lifestyle to my students."
Cassie Haney — Amarillo, TX

"Earning my M.Ed. online was one of the most convenient, but challenging ways to receive my education while teaching full-time. This program has given me the confidence to expand my career opportunities that were otherwise not available to me."
Mike Griswold — Clintonia, IA

Why HHP

- You have the flexibility to earn your degree completely ONLINE or attend evening classes!
- Graduate tuition rates at the University of Houston are very reasonable, and there are many fellowship opportunities available. HHP takes applications for teaching fellow positions every semester. These positions offer a waiver for 9 credit hours of tuition, plus a stipend each month. (<http://www.uh.edu/financial/graduate>).
- You have an 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).
- You will improve your marketability for promotions and open more career opportunities.
- You will become part of an active, nationwide alumni organization that proudly supports the great traditions of the University of Houston.

Areas of Specialization

Urban Fitness Programming

The integrated curriculum in the Urban Fitness Programming emphasis area promotes knowledge and theory underlying the development, implementation and evaluation of programs to enhance physical activity, fitness and wellness. Graduates are employed as fitness directors, program managers, and other health-related positions in medical, legislative and corporate fitness settings.

Motor Behavior

The Motor Behavior emphasis area is designed for students pursuing careers as movement educators, personal trainers and professional therapists. Coursework focuses on motor control and learning, biomechanics, rehabilitation and applications of neuroscience. This emphasis area provides students with a strong knowledge base in human movement science, and the tools to pursue new knowledge in the field of motor behavior. It also provides a strong foundation for clinical professions such as physical therapy and occupational therapy.

Strength and Conditioning

The emerging Strength and Conditioning emphasis area is designed for students who are interested in developing their theoretical, scientific and practical knowledge in the areas of strength development and maintenance. Students will also learn how to most effectively integrate strength programs into an overall fitness program. Coaches, personal trainers, fitness directors, therapists and those interested in physical fitness will benefit from this emphasis area.

Health & Human
Performance 

University of Houston
College of Education

COLLABORATION
FOR LEARNING & LEADING