



School of Education

HEALTH AND PHYSICAL ACTIVITY

www.education.pitt.edu/hpaprogram

The Health and Physical Activity program in the University of Pittsburgh School of Education is for students who are interested in careers in the following areas: sports, fitness, exercise assessment and programming, wellness education, health sciences (i.e., physical therapy/medicine), or areas working with clinical populations. Note: some of the above areas would require additional graduate course work and preparation. The program leads to a Bachelor of Science degree from the Department of Health and Physical Activity and offers **specializations in exercise science or wellness**.

Careers involving exercise, health, and wellness are considered vehicles to promoting a healthy lifestyle and physical activity to all populations, and have gained widespread recognition amongst the medical community while supporting national and government initiatives on lifestyle and health. While incorporating this philosophy, our undergraduate health and physical activity (HPA) program has advantages that are twofold: 1) From a broad perspective, our program provides a solid foundation in natural and physiological sciences that will prepare you for a career or graduate school in the health-related sciences (e.g., physical therapy); and 2) From a specific standpoint, our course work provides a focus on the testing, evaluation, and application of exercise in both clinical and healthy populations that will prepare you for careers or graduate course work in sport, fitness, or exercise programming-related fields. Graduates of the HPA program would have the following career opportunities*:

Health Science Settings (for exercise science specialization only)

- Physical Therapy
- Physician or Physician's Assistant
- Occupational Therapy
- Recreational Therapy
- Dentistry
- Sports Medicine

Industry and Corporate Settings

- Worksite Wellness Programming
- Fitness and Wellness Director
- Counselor and Educator

Athletic Settings

- Strength and Conditioning Specialist
- Coaching
- Performance Enhancement (Conditioning and Personal Training)

Community, Recreation, or Government Settings

- Personal Training
- Adult Fitness
- Pediatric/Geriatric Health and Fitness

Clinical Settings or Medical Institutions

- Cardiac Rehabilitation
- Research Assistant

*Some of the above career listings would require additional course work on a graduate level.

In April 2003 the HPA program became officially endorsed by the American College of Sports Medicine (ACSM). Earning this endorsement also demonstrates that our curriculum covers the knowledge, skills, and abilities expected of an ACSM health/fitness instructorSM, and will prepare students to sit for the ACSM health/fitness instructor professional certification practical and written exam in their senior year. This curriculum also prepares students to seek entrance into graduate programs in the areas of exercise physiology, cardiac rehabilitation, physical therapy, or additional health sciences.

As someone interested in exercise, sport, and movement in general, you will find hundreds of opportunities and places to get active on the Pitt campus. There are 19 varsity sports teams on campus as well as the opportunity to get involved with any of our very popular competitive intramural sports programs offered throughout each year. We are also the home of the new Baierl Fitness and Recreation Center, available for personal fitness and activity classes. Off campus, there are many clinical internship programs where students can gain practical experience for professional preparation.

What is the focus of each specialization?

Exercise Science

Exercise science is geared toward students with more interest in clinical exercise (cardiac rehabilitation or exercise physiology) or health sciences (e.g., physical therapy, medicine, physician's assistant). Exercise science requires more natural sciences and research experience than the other specializations. (The exercise science and wellness specializations each will prepare you for either an entry-level professional position or for applying to graduate school.)

Wellness

Wellness is geared toward students with more interest in health and wellness (corporate wellness) and fitness (personal training or strength and conditioning). Wellness requires more practical hands-on application to exercise programming, teaching, and training.

Requirements

To pursue a degree in the HPA program with specializations in exercise science or wellness, you begin by taking courses in the humanities, natural sciences, and social sciences in the School of Arts and Sciences or the College of General Studies during your freshman and sophomore years. You need to fulfill the following requirements by the end of your sophomore year:

1. Have completed by August of the year of entrance into the School of Education at least 45–60 credits distributed in the School of Arts and Sciences or the College of General Studies and HPA major. These 45 credits must include any three out of the four classes listed below:

BIOSC 0150 Foundations of Biology I
CHEM 0110 General Chemistry I
PHYS 0110 Introduction to Physics
PSY 0012 or PSY 0010

2. Have an overall quality point average of at least 2.5 and at least a 2.8 in natural science and HPA courses.
3. Although there is no formal requirement or evaluation, it is expected that HPA students also will exhibit appropriate health and fitness attitudes as a statement of commitment to the basic philosophy of this major.

Curriculum

Liberal Arts

Communication Skills (9 cr. minimum)
Composition elective (0100, 0400, and up)
COMMRC 0520 Public Speaking
General Writing (EngCom 0200, 0400, and up)

Humanities (9 cr. minimum)
Literature
Music or Art
Philosophy/History and Philosophy of Science

Natural Sciences (17 cr. minimum)

BIOSCI 0150 Foundations of Biology 1+ lab*

CHEM 0110 General Chemistry 1+ lab*

PHYS 0110 Introduction to Physics 1

PSY 0015 OR PSY 0010.

Science elective: (second course from any above/any PSY accepted)

*Note: Wellness specialization is not required to take the laboratory sections.

Quantitative Reasoning (8 cr. minimum)

Trigonometry (MATH 0032)

Computer Science

Statistics 0800

(STAT 0200/1000 accepted)

Social Sciences (9 cr. minimum) from three different departments

Social Science

History

Political Issues

Arts/Sciences Electives (12 cr. minimum)

Upper-Level Division Curriculum

(Note: For more information, please go to www.education.pitt.edu/hpaprogram.)

During your junior and senior years, you should take the following:

Health and Physical Activity Core (35 cr. minimum)

HPA 1011 ** Applied Human Anatomy

HPA 1033 ** Human Physiology

HPA 1043 Motor Development

HPA 1042 Physiology of Exercise

HPA 1021 Health Theories Programming

HPA 0196 ** First Aid and CPR

HPA 1224 Fitness Assessment and Exercise Prescription

HPA 1031 Research Sport Science

HPA 1045 Directed Research

HPA 1486 Behavior Change Theory

HPA 1485 Nutrition and Health

HPA 1487 Obesity and Chronic Disease

HPA 1996 Clinical Internship

HPA 1223 Principles of Strength and Conditioning **or**

HPA 2267 Physiological Basis of Sport

**Students may get special permission to enroll prior to junior year

Exercise Science Specialization (24 cr. minimum)

Biology elective

Biology elective (advanced course in BIOSC—0160 and higher)

Chemistry elective (advanced course in CHEM—0120 and higher)

Science elective (BIOSC, CHEM, NROSCI, or PHYS)

Science elective (BIOSC, CHEM, NROSCI, or PHYS)

Wellness Specialization (22 cr. minimum)

Students will pick one option area. Areas available are fitness, aerobics, aerobic-fitness, or coaching. For more information on requirements, go to www.education.pitt.edu/hpaprogram.

Applying

You apply to the HPA program during the spring term (February 1 deadline) of your sophomore year, and are admitted for the fall term of your junior year. Your application must include:

1. Official department application form (available in 140 Trees Hall, or call 412-648-8320)
2. Official transcripts from all institutions attended
3. Two letters of recommendation
4. Statement of career goals and a self-evaluation
5. Potential interview

For more information on the HPA Major, contact:

University of Pittsburgh
Department of Health and Physical Activity
Elizabeth Nagle, PhD
140 Trees Hall
Pittsburgh, PA 15261
412-648-8268
nagle@pitt.edu

For more information on other University of Pittsburgh undergraduate majors, contact:

University of Pittsburgh
Office of Admissions and Financial Aid
Alumni Hall, 4227 Fifth Avenue
Pittsburgh, PA 15260-6601
412-624-PITT
E-mail: oafa@pitt.edu
www.oafa.pitt.edu