HEALTH PROMOTION

Students will aspire to educate communities in the skills needed to maintain personal health. Students who take on health education as a career become familiar with the intricacies of physical health and the challenges of motivating a community or society toward awareness of health issues.

MOVEMENT & EXERCISE SCIENCE

Students will learn how to teach others to improve their overall health and well-being through physical exercise. An exercise science degree program can include the study of kinesiology, exercise physiology and biomechanics.

LEISURE, YOUTH, & HUMAN SERVICES

Leisure, Youth, & Human Services (LYHS) focuses on preparing individuals with the skills, knowledge, and values required to effectively assume professional leadership/managerial positions in the areas of leisure, recreation, parks, therapeutic recreation, tourism, youth, and human service settings.

PHYSICAL EDUCATION TEACHING

Students will work with multiple students, teaching them the principles of health, fitness, and well-being, which may entail nutrition, exercise, and relaxation techniques. Students will also be responsible for planning activities and for instructing students in physical activity.

ATHLETIC TRAINING

Students will learn how to recognize, prevent, and assist with physical rehabilitation when there is physical injury caused by physical activity.

ELECTRONIC MEDIA

Students will study how to use electronically mediated communication and the implications of doing so. It is a broad-based program that provides students with a strong foundation in media production and management, and an understanding of the uses, processes and effects of mediated communication.
**WHAT ARE THE RELATED CAREERS?**

**Alumni Titles:**
- Health Promotion Manager
- Health Educator
- Wellness Coordinator
- Clinical Research Associate
- Community Health Coordinator
- Health and Wellness Coach
- Personal Trainer
- Physical Therapist
- Strength and Conditioning Coach
- Athletic Event Management
- Massage Therapist
- Director of Sports Medicine
- Recovery Specialist
- Clinical Assistant
- Athletic Recruiter
- Client Relations
- Sports Journalist
- Stadium Operations
- Athletic Trainer
- Sports Programming Specialist
- Play by Play Broadcaster
- Coord. of Intercollegiate Athletics

**Alumni Employers:**
- Covenant Medical Center
- Black Hawk County Health
- Allen Occupational Health
- Unity Point Health
- YWCA
- Health Solutions, LLC
- Next Level Extreme Fitness
- Agape Therapy
- Various Colleges and Universities
- Camp Adventure
- YMCA
- Camp Fire
- Special Olympics Iowa
- Parks & Recreation Departments
- Boys & Girls Clubs
- National Youth Sports
- Waterloo Bucks
- Various K-12 Schools
- Cedar Valley Medical Specialists
- Aspen Athletic Club
- Athletico
- Around the Corner Productions
- Learfield Sports
- Cedar Rapids Kernels
- Woodward Communications
- Waterloo Courier
- BSN Sports
- Scheels
- Iowa Sports Foundation

**NEXT STEPS:**

Arrange job shadow opportunities related to majors of interest.

Seek out volunteer opportunities that allow you to learn more about yourself, explore areas of interest, and connect with professionals and community members.

Browse the UNI website for information on majors of interest, including the courses you will take in those majors:

[https://uni.edu/majors/majors-and-minors-department](https://uni.edu/majors/majors-and-minors-department)

Once you are at UNI, schedule an appointment with your academic advisor to discuss your interests and potential majors.