Health and Physical Education is a major that certifies a student to teach health and physical education in primary through grade twelve, as well as provide access to a variety of other job opportunities. The main reason students choose this major is to teach health and physical education in the public or private school system. Students who want to coach a particular sport in the school setting are required in many states to be employed in the school system in which they are coaching. The employment combination of teaching and coaching is a common opportunity in education today.

Associated Job Titles:
- Elementary Teacher
- Middle School Teacher
- High School Teacher
- Coach
- Personal Trainer
- Sports Administration
- Sports Information Director
- Sports Psychologist
- Community Center Director
- Camp Director
- Aquatics Director
- Corporate Fitness Director
- College Athletic Manager
- Exercise Specialist
- Exercise Physiologist

Associated Skills:
- Ability to relate to and interact with people of various ages and backgrounds
- Ability to lead, direct and supervise others
- Good health, vision and physical stamina
- Understanding of human body and how it functions
- Ability to solve problems and make appropriate decisions
- Proficiency in written and oral communication
- Ability to organize and coordinate activities

Associated Personal Qualities:
- Friendly personality
- Flexible
- Desire to help others
- Enjoy working and being with others
- Dedication to encouraging others to reach their full potential
- Patience
- Enthusiasm
- Tactfulness
- Kindness
- Objectivity

Career Library Resources:
- Opportunities in Sports and Athletics Careers
- Opportunities in Teaching Careers
- Opportunities in Recreation and Leisure Careers
- What Color Is Your Parachute?
- Career Planning Today
- Majoring in the Rest of Your Life
- Do What You Are
- The Kuder Book of People Who Like Their Work
- Encyclopedia of Careers and Vocational Guidance
- The Enhanced Guide for Occupational Exploration
- The Dictionary of Occupational Titles
- The Occupational Outlook Handbook
- FOCUS Computer Guidance System

Places To Contact For More Information:
- American Alliance for Health, Physical Education, Recreation and Dance (AAPHERD)
  1900 Association Drive
  Reston, Virginia 20191

- National Wellness Institute
  1045 Clark Street Suite 210
  Stevens Point, WI 54481

- Association for Worksite Health Promotion
  60 Revere Dr. Suite 500
  Northbrook, Illinois 60062

- The American Association for Active Lifestyles and Fitness
  1900 Association Drive
  Reston, Virginia 20191

- American Association for Health Education (AAHE)
  1900 Association Drive
  Reston, VA 20191

- National Association of Sport and Physical Education
  1900 Association Drive
  Reston, Virginia 20191

Websites To Visit:
- www.pecentral.org
- www.nsca-lift.org
- www.nata.org
- www.aahperd.org

Professors To Contact For More Information:
- Dr. Kenneth Pickerill, Chair
- Dr. Tom Harper
- Dr. Rita Pritchett
- Mr. Harold Rainwater

Nearby Employers:
- Jessamine County School System 501 E. Maple St. Nicholasville 885-4179
- Fayette County Public Schools 701 E. Main St. 281-0100
- Woodford County School System 330 Piscatip Pike Versailles 873-4701
- Garrard County School System 322 W. Maple St. Lancaster 792-3018
- Mercer County School System 961 Maberly Rd. Harrodsburg 734-4364
- Sayre School 194 N. Limestone St. 254-1361
- Lexington Christian Academy 300 Howard Drive 272-9311
- Assembly Christian School 2780 Clays Mill Road 277-0503

Alumni Contacts:
- Schedule an appointment with Career Services to conduct a tailored search for alumni working in the fields associated with this major.