

Health and Fitness Management | Bachelor's Degree

	FIRST YEAR	MIDDLE YEARS	LAST YEARS
ADVANCE your academic journey	Meet with a First Year Advisor to develop your academic planning. Join the Exercise and Sports Science Living and Learning Community to experience your first year with peers. Explore majors with a MyMajors assessment. Take advantage of the Student Learning Assistance Center (Tutoring).	Meet with the College of Education Advising office for questions about your major. Explore external scholarship opportunities such as the Fulbright Scholarship to take your expertise to unique locations abroad. Share your knowledge as a Peer Mentor or Tutor at SLAC. Explore research opportunities through one of several HHP research labs Meet with a faculty mentor to select an undergraduate research opportunity.	Check your Degree Audit & meet with your academic advisor. Explore next steps including a potential graduate degree. Complement your degree with a micro credential. Meet with a faculty mentor or peer advisor.
EXPAND your personal and social development	Review your degree plan for courses that include the Service-Learning Excellence program. Take on leadership by applying for positions in student organizations or committees that focus on health and human performance. Become a member of the Texas State Exercise and Sports Science Organization. Find additional events and organizations in the Bobcat Organization HUB.	Run for an officer position of the Texas State Exercise and Sports Science Organization to help plan campus and community outreach events in exercise and sports science. Consider study abroad options including faculty-led, exchange, virtual, and short-term affiliated programs which are available through Education Abroad. Discover Global Online Learning Experiences for courses with culturally dynamic perspectives. Participate in The Big Event to give back to the regional community.	Select a service activity through Student Involvement to give back to the area community. Seek out a leadership role with the Leadership & Service program. Attend a Student Government Senate meeting to contribute to the TXST community. Attend financial literacy workshops (e.g., budgeting, student loans, taxes).
ENRICH your practical competence	Explore the TXST One Stop for more information about the scholarships provided to new and continuing students. Attend a IDEA Center workshop to learn more about undergraduate research. Review and apply for scholarships in BOSS.	Review the requirements for the health and fitness management internship before participating. Attend a conference such as Texas Chapter of the American College of Sports Medicine or Health and Fitness Association. Review micro internship opportunities for professional development in which you learn and earn. Meet with your major internship director to discuss health and fitness management internship options.	Learn about Global Career Accelerator for experience with global companies and in-demand tech skills. Attend a conference such as Texas Chapter of the American College of Sports Medicine or National Strength and Conditioning Association. Deliver a presentation in a student conference, workshop, seminar or community organization. Consider pursuing certifications relevant to your major to enhance skills and align with professional goals such as those from ACSM or NASM.
ELEVATE your career and professional life	Complete your Career Assessments, such as Focus2 Create your Handshake profile Create your LinkedIn profile and connect with colleagues and leaders Develop and review your resume with Career Services	Develop your resume with the help of the professionals at Career Services. Build Career & Graduate School Fairs into your schedule to ensure your connection maximum opportunities Prepare to ace your job interviews with Career Services or your academic department	Develop a full-time employment or graduate school plan with Career Services. Attend employer info sessions at Career Services. Complete your First Destination Survey to share your post-graduation plans. Identify faculty and professional references.

OUTCOMES

Marketable Skills

Comprehensively assess and evaluate body size and body composition in apparently healthy adults and children.

Comprehensively assess and evaluate aerobic fitness in apparently healthy adults and children.

Comprehensively assess and evaluate muscular strength and endurance in apparently healthy adults and children.

Prescribe a safe and effective exercise program for improving health-related fitness and function in apparently healthy adults and children.

Experiences in Health and Fitness Management

The bachelor of science major in health and fitness management prepares students to direct fitness, wellness or health awareness programs in commercial, corporate, and institutional settings. Strong research programs and labs, experiential learning, and community-engaged learning are incorporated into the program. Students may participate in faculty-led study abroad or Study in America trips, develop a professional community at association or networking events, or join student organizations for a well-rounded experience.

Career Opportunities

Fitness manager

Fitness instructor

Gym facility director

Sports facility director

Fitness sales and marketing

Personal trainer

Health coach

Health and fitness educator

Wellness program manager

Wellness director

Corporate wellness specialist

Exercise scientist

Kinesiologist

Strength & conditioning coach

Pursue a graduate degree in exercise science