

Internships & Research Opportunities

Students in the Health, Physical Education and Recreation Department gain practical experience that prepares them for their careers or graduate school. Upon graduation, they are prepared to plan, lead, organize and promote a variety of events and activities.

All Recreation Sport Management majors must complete three field experience classes where they volunteer for an organization. Students have the opportunity to complete 830 hours of volunteer work experience before they graduate.

Students who are earning a Physical Education teaching certificate gain many hours of experience in area elementary, middle and high schools their sophomore, junior and senior years, culminating in a semester-long student teaching experience. Additionally, physical education teacher candidates plan and coordinate track meets and field days for area elementary schools.

For the past 32 years, the department has hosted the weeklong Lifetime Sports Academy for youth, and

students are very involved in organizing, participating in and leading the activities.

Many students complete internships, which often lead to full-time positions after graduation. Students in the department have completed internships for the Kansas City Chiefs, Colorado Rockies, Kansas City Wizards, St. Joseph Convention and Visitor's Bureau, YMCA, St. Louis Sports Commission, Indiana Pacers and many hotels and resorts throughout the country, to name a few.



Alumni Views

"My professors at Western knew what it would take for a graduate to get hired in the 'real' world. They required multiple internships that helped me become a well rounded individual in my field."

"My professors taught me professionalism, proper communication, responsibility and initiative."

*Cory Burnett, '98
Administrative Asst. of Basketball Operations
Indiana Pacers*

"I enjoyed my classes with the HPER professors, and I try to follow their example in my classes today. They emphasized how important it was to be well prepared but also flexible, and I find this to be very true."

*Max Veale, '93
Physical Education Instructor
Savannah R-III School District*

For more information

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Health, Physical Education & Recreation

Missouri Western State University





Health, Physical Education & Recreation Department

Do you enjoy physical activity? Do you believe in healthy habits and are concerned about the problems of obesity and poor health in our nation? If you want to be a part of the solution to improve health, fitness and quality

of life for youth and adults, you should consider a major in health, physical education or recreation.

Students who major in the Department of Health, Physical Education and Recreation can expect to participate in a wide variety of experiences that go beyond their classroom work. They can also expect professors from a broad range of backgrounds and experiences who care about them and want to help them reach their career goals. Students are challenged to be actively engaged in the learning process, to develop practical application of skills and knowledge learned in their classes and develop critical thinking skills.

The Health, Physical Education and Recreation Department offers a Bachelor of Science degree in Physical Education with three options: Health and Exercise Science, Physical Education General and Teacher Education in Physical Education. The department also offers a Bachelor of Science degree in Recreation Sport

Management, where students choose one of two emphases: Recreation Management or Sport Management.

The department offers minors in Recreation Sport Management, Athletic Coaching, Wellness, Gerontology/ Aging or Childhood Studies; and certification in Health Education.

Careers

Careers in health, physical education and recreation offer opportunities for you to help youth and adults improve their health and help them explore fulfilling recreational activities. This field is always changing and improving. The demand for educating and providing wellness and fitness for youth and adults ensures a great need for teachers in health and physical education. Today, there are endless opportunities for youth and adults to enjoy recreational activities, so there is also a great demand for people with careers in those fields.

Students who choose the **Health and Exercise Science** option have career options in private fitness specialization, corporate wellness programming, health clubs and hospital-based cardiac and pulmonary rehabilitation. The **Physical Education General** option provides career opportunities as coaches and sports specialists in a variety of settings. This option also offers a teacher education track that prepares students to earn the



education certificate to teach Physical Education in elementary, middle and high schools.

Career opportunities in **Recreation Management** include intramural recreation, community recreation centers, youth sports, public recreation and aquatic recreation. The **Sport Management** emphasis provides career opportunities such as a sports information director, athletic director, health fitness club manager, adventure travel and tourism agent, hotel and resort manager, professional sports team promoter, sporting goods marketer or golf course manager.

Students who continue in graduate school most often pursue master's degrees in Administration, Physical Education and Health.

Admission

Admission requirements vary for each degree option. **Health and Exercise Science:** A cumulative 2.5 GPA in three prerequisite courses. **Physical Education Teaching Certification:** 2.5 GPA, pass the CBASE with a 235 in each area and a 22 ACT score. **Recreation Sport Management:** Minimum cumulative GPA of 2.2 and 18 or higher ACT score.

Points of Pride

- **Each year, department majors coordinate two fundraisers: Hoops for Heart and Jump Rope for Heart, with hundreds of school-aged children participating. The department was asked to present a workshop on planning these two events at a national convention.**
- **Students have received Outstanding Physical Education Major awards at the state and national levels.**
- **A faculty member was awarded a Distinguished Service Award from the Western Alumni Association.**
- **Professors have received a Presidential Award and the Robert M. Taylor Award from the Missouri professional association in their fields.**