



Understanding, developing and promoting a healthy lifestyle is the major focus of the Department of Health and Human Performance (HHP) in the College of Education at the University of Houston (UH).

The HHP Department is committed to providing outstanding educational experiences and premier research opportunities designed to develop tomorrow's leaders in the exercise, health and fitness, sport administration and nutrition industries.

Our diverse and accomplished faculty is a student-oriented team of professionals on the forefront of educational technology. Their research projects include collaborations throughout the world.

Please contact us if you have any questions concerning our graduate programs.

Dr. Charles Layne  
Professor and Department Chair

## Visit today ...

... at <http://hhp.uh.edu>

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Department of Health and Human Performance  
3855 Holman St., Rm. 104 Garrison Gym  
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in Physical Education with  
an emphasis in  
**Sport & Fitness Administration**

### Designed for

- Aspiring sport administrators and managers
- Sport, exercise and recreational specialists
- Specialists working in fitness programs in corporate and medical settings
- Physical education teachers
- Business personnel in the sports industry
- Students preparing to pursue a doctoral degree
- Professional development and career enrichment



*“The program was well put together. The classes were small enough you could interact more with the professor and with other students. Each class touches different topics that are very important for a professional in the sports and recreation area. I learned so much, and I am able to apply many things that I learned in class to my everyday assignments.”*

*Sergio Rosenhek—Houston, TX*



*“The program was very flexible, so I was able to serve as a teaching fellow, and complete my course work in 2 years. I enjoyed having professors who would not only teach, but also share their experiences in various fields of sport and fitness. I learned that I had to, not only stay current with fitness trends, but also learn and apply business practices as well.”*

*Jessica Koontz—Houston, TX*

*“The courses were really interesting and I use the information I learned in my career now. I would encourage anyone interested in the field to take advantage of course materials and lectures, actively participate in class, and network with classmates and professors. It will be very beneficial to you in your career.”*

*Jenny Upah—Houston, TX*



### Why HHP

- Internship and professional employment opportunities are available in the greater Houston area.
- Graduate tuition rates at the University of Houston are very reasonable and there are many fellowship opportunities available. HHP takes applications for teaching fellow positions every semester. These positions offer a waiver for 9 credit hours of tuition plus a stipend each month. (<http://www.uh.edu/financial/graduate>)
- You have an opportunity to work with the #1 ranked, most productive faculty in the Nation in the fields of Health, Physical Education and Recreation, according to Academic Analytics. ([http://hhp.uh.edu/Currentevents/08\\_ranking.cfm](http://hhp.uh.edu/Currentevents/08_ranking.cfm))
- You will improve your marketability for promotions and open more career opportunities.
- You will become part of an active, nationwide alumni organization that proudly supports the great traditions of the University of Houston.

### Why SFAP

#### Philosophy

The Sport and Fitness Administration Program (SFAP) provides students with a comprehensive program of study, which integrates theoretical concepts and practical application of management strategies to address the burgeoning needs of a sport conscious society. Graduates seek placement in a variety of sport and fitness settings including golf country clubs, professional sports franchises, television, university athletic programs, municipal recreation programs and corporate wellness programs.

#### Course Work

Program course work is flexible so that students can take classes during the day, evening or online. Courses are offered during the fall, spring and summer semesters. To successfully complete the program, students must fulfill degree requirements, which consist of 1) 36 hours of graduate courses in designated core areas, and a comprehensive examination covering specific program core courses; or 2) 30 hours of graduate courses in designated core areas and a thesis (6 hours). Opportunities to receive graduate credit are available through a department-coordinated internship program.

#### Faculty

The SFAP is comprised of a teaching faculty with a wealth of academic and professional experience that collaborates with a myriad of collegiate departments and sport/fitness entities in the greater Houston area. The faculty publishes in scholarly journals, and annually presents their research at state and national conferences. Their involvement in various academic and corporate executive committees also enhances the program's visibility.

Health & Human  
Performance 

University of Houston  
College of Education  
  
COLLABORATION  
FOR LEARNING & LEADING