

# Human Performance and Fitness



Human performance and fitness is the study and application of research-based knowledge to prepare students for careers in helping individuals lead healthy lives through improving athletic performance and physical fitness. The human performance and fitness major is very hands-on and requires good interpersonal communication skills. Students must be willing to be active participants in their education, get involved in a variety of opportunities and love working with and learning about people in both one-on-one and group settings. A strong interest and aptitude in science and technology is also beneficial.

**Engage others in health and wellness.** Health awareness is at an all-time high, gaining widespread popularity throughout the country. As a result, the job market is ever changing, with a growing demand and need for recreation, leisure, health and fitness services. Increased responsibility has been placed on the people who provide these services. The human performance and fitness major at St. Ambrose is designed to provide you with a solid understanding and knowledge of the benefits of physical fitness.

## Ambrose Advantages

**Put your knowledge to work.** The unique benefit to studying human performance and fitness at St. Ambrose, is that you will learn from faculty who have previously led very successful careers in the fitness industry. In addition, you will have the opportunity to put your knowledge to work during your study through numerous personal training and fitness leadership opportunities.

## Career Opportunities

Common career tracks for human performance and fitness majors include:

- > personal trainer
- > strength (sport) and conditioning coach
- > employee fitness director
- > group exercise instructor
- > recreation program director
- > health and fitness club manager

## Career Outlook

- > The average annual pay for a strength and conditioning coach across the U.S. is \$48,065 a year in 2018 according to ZipRecruiter.
- > Fitness trainers and aerobics instructors earned a median salary of \$39,210 in 2017 according to the Bureau of Labor Statistics.
- > Exercise physiologists earned a median salary of \$49,090 in 2017



and according to the Bureau of Labor Statistics, the growth outlook for the profession is 13 percent through 2026.

## Where Some of Our Graduates Work

A few of the organizations that employ St. Ambrose human performance and fitness graduates:

- > Quad Cities Acceleration, athlete performance
- > Feldman Performance, owner, personal trainer
- > Unity Point Health, exercise specialist-cardiac rehabilitation
- > Pleasant Valley High School, strength and conditioning coach
- > Seymour Health and Fitness, owner, personal trainer

## **Your Career: Networking, Internships and Jobs in the Quad Cities**

The Quad Cities is a welcoming and fun place to live as a college student. And it is much more than that—it offers a great community to help you prepare for, or even start, your career. This area is a leader in healthcare, wellness and fitness, and provides a variety of opportunities for science and health sciences graduates. Several major hospitals and other healthcare providers need highly trained health specialists. St. Ambrose students have a wide range of clinical placement and internship options without leaving the area.

## **Get in Touch With Us Today**

We invite you to visit St. Ambrose to learn more about the opportunities here. Our quality academic programs provide one of the best private education values in the Midwest. Check it out for yourself: contact our Admissions Office, 563-333-6300 or [admit@sau.edu](mailto:admit@sau.edu), or go online to [www.sau.edu](http://www.sau.edu).

*St. Ambrose University offers a Bachelor of Science in Human Performance and Fitness degree. For complete curriculum information and course descriptions, consult the Course Catalog at [www.sau.edu/catalog](http://www.sau.edu/catalog).*

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