With its origin dating back to 1906, the Department of Health, Physical Education and Recreation (HPER) is one of Missouri State University’s largest and more diverse departments, offering a variety of nationally accredited comprehensive programs designed to prepare graduates for careers in teaching physical education, exercise science, coaching, recreation and leisure services, and the pre-preparatory allied health programs of respiratory therapy and radiography.

As a department within the College of Health and Human Services, HPER is at home in the historic McDonald Arena and Kings Street Annex buildings, located in the heart of the Missouri State University campus. In addition to its undergraduate programs, HPER also offers graduate programs in Physical Education (M.S.Ed.) and Health Promotion and Wellness Management (M.S.).

Students majoring in programs within HPER may begin training for successful careers in the following areas:

**Physical Education:**
- Teaching Physical Education in elementary, middle schools and high schools
- Coaching in middle schools and high schools
- Athletic director/sport management duties and responsibilities
- Motor learning, adapted physical education, exercise science, health education and intramural programs
- Certification: Physical Education for Grades K-12

**Exercise & Movement Science:**
- Exercise Physiologist
- Biomechanist
- Sports Nutritionist
- Cardiopulmonary Rehabilitation Specialist
- Occupational Physiologist
- Physical Therapist
- Occupational Therapist
- Chiropractor/Optometrist
- Physician Assistant
- Corporate Wellness
- Fitness Clubs
- YMCA/YWCA
- Senior Centers/Nursing Homes
- Health Promotion Director
- University Fitness Centers
- Human Performance
- Basic and Applied Research
- Public Health
- Athletic Training
- Personal Trainer
- Strength & Conditioning Coach
- Home Extension Service

**Recreation and Leisure Studies:**
- Community Recreation: municipal/county/state/federal government, youth organizations, churches, senior centers, military
- Health and Wellness Promotions: corporate/medical center health promotion and wellness programs, fitness and health centers
- Outdoor Recreation: camps, education centers, adventure programs, facility management leisure agencies
- Private/Commercial Recreation: resorts, tourist attractions, privately-owned agencies, managed leisure organizations
- Therapeutic Recreation: hospitals, residential treatment centers, community based agencies, advocacy organizations

Continued on page 2

**New!**
**B.S. in Exercise & Movement Science degree**
If you are interested in:
- Pre-Physical Therapy
- Pre-Physician Assistant Studies
- Health Studies
- Human Performance

**Contact:**
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Physical Education

The undergraduate physical education program provides career preparation for health and physical education teachers (K-12) and for coaches in middle school and high school systems. Building on a science-based curriculum, students study anatomy and physiology. They then apply that knowledge to physical training and the perfection of movement in the upper division classes and in the laboratories of kinesiology, exercise physiology, perceptual motor development, adapted physical education and motor learning.

Teaching and coaching skills are honed in elementary, middle and secondary methods classes and supervised experiences in schools. Opportunities for applied physiological research is inclusive of both undergraduate and graduate students in the HPER Exercise Science Laboratory.

Accreditation: Missouri Department of Elementary and Secondary Education (DESE) and National Association for Sport and Physical Education (NASPE) and National Council for Accreditation of Teacher Education (NCATE).

- Physical Education majors in the PEM Club (Physical Education Major Club) are very active with opportunities to participate in state and national conferences promoting physical education.
- Physical Education majors participate in field experiences in the public schools starting during the sophomore year.
- Coaching practicums are available in all sports.

Maximizing the Human Potential, Mind and Body

Continued from page 1

Radiography:
- Hospitals, clinics, rehabilitation centers, long-term care facilities

Respiratory Therapy:
- Hospitals, clinics, rehabilitation centers, home health care, long-term care facilities

Undergraduate Minor Areas of Study:
- Coaching, Recreation and Leisure Studies

HPER Student Clubs:
- Physical Education Majors (PEM) Club
- Recreation and Leisure Studies Association (RLSA)
- Radiography Club
- Missouri State Handball Team (7-time national collegiate champions)

HPER Honorary Societies:
- National Honorary Society of Physical Education, a student national physical education honor society
- Rho Phi Lambda, a student national honorary society of the recreation, parks and leisure services
Exercise & Movement Science

Career Preparation
The B.S. in Exercise and Movement Science program prepares graduates for human performance, health promotion, and health-related careers in clinical, commercial, corporate, educational, and governmental settings. Option areas provide a strong undergraduate foundation for professional studies in physical therapy and physician assistant studies and for graduate work in human performance, health promotion, and health-related fields.

Curriculum
Program coursework is academically challenging and exposes students to nursing, dietetics, biomedical sciences, social work, psychology, and other health-related disciplines in the College of Health and Human Services. Many courses have formal laboratories or include enriching hands-on experiences. Elective requirements in each of the two options permit the flexibility to pursue a minor in one of several related fields. The required capstone experience optimizes student-faculty interaction through either an undergraduate research project or through an external internship.

Program Quality
The program is structured to comply with program endorsement criteria set by the American College of Sports Medicine (ACSM), and requires that each graduate become professionally certified by a national organization such as the ACSM or National Strength and Conditioning Association (NSCA).

Career Options
Exercise and Movement Science graduates in the Pre-Professional track are prepared to (1) enter professional schools to be trained in clinical programs such as physical therapy, physician assistant studies, and occupational therapy, and (2) to enter graduate school in human performance areas such as exercise physiology, biomechanics, exercise psychology, sports medicine, sports nutrition, and motor control and development. Graduates of the Health Studies track are prepared to enter the workforce in corporate wellness, university fitness centers, human performance centers, public health, as strength and conditioning coaches, and as personal trainers. They are ready for graduate study in exercise science, health promotion and wellness management, health administration, and public health.

Missouri State University
- Missouri State University is a three-campus university. Its main campus (a selective admissions campus) is located in Springfield, Missouri.
- As the second largest university in the state, Missouri State University offers more than 150 undergraduate programs and 50 graduate programs.
- Springfield, Missouri is the third largest city in Missouri.
- In 1995, Missouri State University was named Missouri’s public affairs university. The University’s mission ensures that students are graduated with an understanding of how to make the world a better place through their career and life choices.

Missouri State University is an equal opportunity/affirmative action institution. We encourage applications from all academically qualified people interested in educational opportunities.
Recreation and Leisure Studies

Established in 1968, Recreation and Leisure Studies (RLS) provides one of approximately 100 curriculums nationally accredited by the Council on Accreditation sponsored by the National Recreation and Park Association, in cooperation with the American Association of Leisure and Recreation.

All students graduating from the RLS Program are immediately eligible to sit for the written examination to become a Certified Parks and Recreation Professional (CPRP). Graduates of the Therapeutic Recreation option in the RLS Program may sit for the Certified Therapeutic Recreation Specialist (CTRS) credential. Both credentials are valuable to the graduate for professional career entry and advancement.

Health and Wellness Promotion option qualifies students to take certification exams through American College of Sports Medicine (ACSM) and National Strength and Conditioning Association (NSCA).

Student fieldwork experience is an important aspect of professional development and preparation. Each student has the opportunity, and is required, to complete a 100-hour practicum and a 400 or 600-hour internship under professional supervision and guidance.

Radiography

The field of radiology utilizes X-radiation and other technologies to aid in the treatment and diagnosis of disease and injury.

The Department of Health, Physical Education and Recreation at Missouri State University, in cooperation with the Schools of Radiologic Technology at Cox Health Systems and St. John’s Regional Health System, has been offering a Bachelor of Science degree in Radiography since 1979. The curriculum includes approximately 83 credit hours of course work at Missouri State University, plus a 24-month sequence of professional and clinical courses in a hospital-based program. Upon completion of the degree program, the student is eligible to sit for the American Registry of Radiologic Technologists (ARRT) examination.

Respiratory Therapy

Respiratory Therapists perform procedures crucial in maintaining the lives of seriously ill patients with respiratory problems. RTs administer various types of gas, aerosol and breathing treatments; assist with long-term continuous artificial ventilation; clean, sterilize and maintain respiratory therapy equipment; and maintain records of patients’ therapies.

The Department of Health, Physical Education and Recreation offers a Bachelor of Science degree to students who have completed, or will complete, a registry-level program at an accredited respiratory therapy program. The curriculum requires 90 university-level credit hours, plus completion of an accredited respiratory therapy program.

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