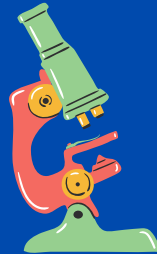


HUMAN PERFORMANCE AND SPORTS SCIENCES MAJOR MAP



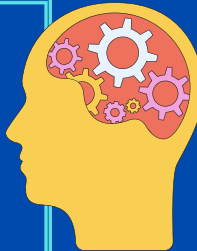
WHO WE ARE

- The Human Performance and Sport Sciences department focuses on the development of competent leaders for our diverse society, who will promote the essentials of quality living, career opportunities, and overall happiness and stability. We will be tactical, responsive, and strategic in our purpose for each student's success.
- Our students should see a department where everybody has an opportunity to think, work, and serve.



What skills will students learn throughout this program?

- Decision-Making
- Communication Skills
- Creative Thinking
- Time Management
- Interpersonal Relationship Skills
- Self-awareness-building skills
- Self-awareness, self-esteem, and self-confidence.
- Set priorities, meet deadlines, and manage time.
- Oversee and lead project management.
- Present a clear and concise argument.



CAREER OUTCOMES:

- Physical Education Teacher
- Health Education Teacher
- Athletic Sports Coach
- Personal Trainer
- Strength and Conditioning Coach
- Health Club Management
- Group Fitness Instructor
- Events Management
- Sports Agent



AREAS OF STUDY:

- Athletic Training
- Physical Therapy
- Personal Fitness
- Coaching Athletic Sports Fall 23/S 24

WHAT SKILLS ARE YOUR FUTURE EMPLOYERS LOOKING FOR?

- Communication skills
- Education and Certification
- Data Analysis
- Injury Prevention and Rehabilitation
- Strength and Conditioning
- Nutrition and Recovery
- Biomechanics
- Teamwork and Collaboration
- Ethical Consideration
- Leadership and Management
- Cultural Competence



For more information, [click here](https://www.tnstate.edu/hpss/)
<https://www.tnstate.edu/hpss/>

Undergraduate Experiential Major Map: HUMAN PERFORMANCE AND SPORTS SCIENCES



First Year/Freshman

- Complete your Handshake Profile.
- Complete your four-year educational plan in UNIV 1000 during the fall semester.
- Focus on your studies and earn good grades.
- Visit the [Office of Student Success \(OSS\)](#) and connect with your advisor for help navigating college life and your classes. Make an appointment using the student planner app and view the OSS page for other hours and services.
- First Generation students connect with your [First Generational Specialist](#).
- Get to know professors. The best time to connect outside of class is during their office hours.
- Visit the [Academic Achievement and Retention Center](#) for access to study tips, connecting to academic coaches, tutoring, and other helpful resources.
- Attend the Career Fair (Sponsored by the [Career Development Center](#))
- Get involved - Attend organizational fairs, special/corporate events, and volunteer on and off campus.

Sophomore & Junior

- Update your resume and remove high school activities. Have it critiqued by the [Career Development Center](#).
- Review and update LinkedIn and Handshake profiles.
- Attend the Career Fair (Sponsored by the [Career Development Center](#))
- Explore graduate school options.
- Begin preparing for GRE, LSAT, MCAT, GMAT, and other exams for graduate school admissions.
- Begin building your professional wardrobe.
- Meet with your [departmental academic advisor](#) to confirm degree progress and discuss your future academic and career goals.
- Attend institutional and departmental internship workshops.

Senior

- Meet with your [departmental academic advisor](#) to confirm degree progress and discuss your future academic and career goals.
- Apply for [Graduate and Professional School](#) or jobs that fit your interests, skills, and career goals. Follow up on applications and keep a record of the status of each.
**pay attention to due dates*
- Draft a cover letter that can be adapted for a variety of employers. Have it critiqued.
- Complete the Senior Exit Exam and First Destination Survey. ([Testing Center](#))

Academic Success Checklist

- Book an appointment with your academic advisor for pre-registration and advising.
- Discover library resources.
- Visit the math, reading, writing, and tutoring center.
- Complete FAFSA and academic scholarship applications.

Educational Planning Checklist

- Ask your academic advisor about High Impact Practices
- Participate in at least two High Impact Practices at TSU
- Join a student group.

Career Development Checklist

- Create your HandShake Profile.
- Visit [What Can I Do With This Major](#)
- Attend the career fair to expand your network.
- Attend Academic Department workshops and seminars.
- Visit the [Academic Pathways & Partnerships](#)

Think

Engaging in critical thinking and inquiry inside the classroom.

Work

Pursue experiences that will allow you to grow as a leader and professional.

Serve

Explore opportunities to contribute to the broader community and global marketplace.