Physical Education, Health, and Wellness Information Card

Southern Adventist University

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PHYSICAL EDUCATION, HEALTH, and WELLNESS

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POTENTIAL CAREERS:

Adventure Therapist
Aquatic Director
Chef
Corporate Wellness Manager
Personal Trainer

Physical Education Specialist
Physical Therapist
Physician
Recreation Center Director
Sports Official
Why Major in Physical Education, Health, and Wellness at Southern?

Students gain valuable experience working in the Human Performance Lab at Southern, a state-of-the-art facility that uses computer systems and data to measure fitness.

Hulsey Wellness Center offers classrooms, a fitness floor and indoor track, a climbing wall, swimming pools, a gymnastic training center, and group aerobics classrooms.

Professors are regularly in demand to lead out and speak locally, nationally, and internationally and also have experience integrating faith and learning.

Majors Offered:

**Associate of Science**
- Outdoor Leadership
- Vegetarian Culinary Arts

**Bachelor of Science**
- Corporate/Community Wellness Management
- Health, Physical Education and Recreation (teaching licensure)
- Health Science
- Outdoor Emergency Services
- Outdoor Leadership (adventure therapy)
- (business)
- (cultural interpreter)
- (naturalist)
- (outdoor ministry)
- (public relations/advertising)
- (recreation)
- (technology)

Sports Studies
- (human performance)
- (journalism)
- (management)
- (marketing)
- (psychology)
- (public relations/advertising)
- (recreation)

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