

# role-models

"The professors want you to be prepared for the real world and want you to achieve your goals. They have inspired me."

**.Whit**  
MURFREESBORO, TN

## Human Performance & Exercise Science

- Organize and direct recreation programs or fitness centers
- Prepare for careers as health or fitness specialists
- Pursue a career in teaching or coaching
- Pursue graduate study in sports psychology, biomechanics, exercise physiology, physical therapy, occupational therapy, or other HPXS fields

# [HPXS]

HPXS is the study of human movement. Students study structural and functional aspects of movement efficiency, responses of the body to sport and exercise, and issues of health-related fitness and wellness. Careers in this field are among the fastest growing fields right now, according to the U.S. Bureau of Labor Statistics.

All HPXS majors take **core courses** in wellness, exercise physiology, measurement and evaluation, kinesiology and biomechanics, and first aid and CPR. Students also choose from **four emphases** based on career goals or plans for graduate study.

### Exercise Science

Do you get a rush from organized sports? Do you feel proud when you work out with teammates and help one another succeed? Exercise science may be for you. You'll learn the science behind everything from jogging to low-carb diets.

### Fitness & Wellness

Is eating well and maintaining a healthy lifestyle a priority to you? If you choose this field of study, you'll learn about nutrition, fitness and exercise, community health and welfare, and the prevention and control of disease.

### Physical Education

Would you enjoy coaching a basketball team, teaching a dance class, or demonstrating a juggling trick? Do you want to help kids become confident, coordinated, and team-spirited? If so, consider a career as a physical education teacher or coach.

### Sports Management

The world of sports management is more than pro athletes and ball games. It's a big business full of huge budget decisions and complex negotiations. You'll need to develop a knowledge of health, fitness, business, and law.

### Faculty

Milligan's faculty are dedicated scholars and recognized leaders with years of professional experience in a variety of areas. Most importantly, they are excellent teachers and caring mentors.



**MILLIGAN**  
**COLLEGE**  
Academic excellence since 1866

# RAISE YOUR WORLD

A premier Christian liberal arts college in Northeast Tennessee  
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