

# Health and Physical Education

In most educational systems, **physical education (PE)**, also called **physical training (PT)** or **gym** in less progressive settings, is a course in the curriculum which utilizes learning in the cognitive, affective and psycho motor domains in a play or movement exploration setting. In the United States, it is almost always mandatory for students in elementary schools, and often for students in middle schools and high schools.

The primary aim of physical education is to equip students with the knowledge, skills, capacities, and values along with the enthusiasm to maintain a healthy lifestyle into adulthood. Some schools also require physical education as a way to promote weight loss in students. Activities included in the program are designed to promote physical fitness, to develop motor skills, to instill knowledge and understanding of rules, concepts, and strategies, and to teach students to work as part of a team, or as individuals, in a wide variety of competitive activities.

## What is Health and Physical Education?

**Health and Physical Education** is defined as the process by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance or restoration of health. It is a continuing process of informing people how to achieve and maintain good health; of motivating them to do so; and of promoting environmental and lifestyle changes to facilitate their objective.

## Related Career Titles

**Some positions are entry level, while others require advanced degrees and experience:**

Activities Director	Cruise Recreation Director	Personal Trainer
Adventurer/Risk Trainer	Dance-/Aerobics Instructor	Prison Recreation Specialist
Aquatic Management	Emergency Medical Tech.	Recreation Specialist
Athletic Coach	Exercise Physiology	Rehabilitation Specialist
Athletic Trainer	Health/Fitness Consultant	Sporting Goods Sales
Cardiac Rehabilitation	SPA/Health Club Manager	Social Director
Cardiovascular Fitness Instructor	Nutrition Specialist	Strength-Conditioning Coach
Community Recreation	Occupational Exercise	Swimming Pool Manager
Corporate Fitness Instructor	Park Manager	Teacher; Physical Education
Country Club manger	Occupational Therapy Asst.	Physical Therapist
Camp Director	Sports Medicine	Physical Therapist Assistant
Dietitian	Sports Medicine	Sports-Fitness Nutritionist
Chiropractor	Sports Psychologist	Professional Sports Scout
Sports Agent	PE/Sport/Research	Professional Sports Umpire

Athletic Director

Instructor  
Commercial Recreation

### **Related Major Skills**

Interest in Coaching

Motor Skills

Motivational Skills

Discussion Skills (ie, human sexuality)

Oral & Visual Communication Skills

Demonstration Skills (physical activities)

Interest in Health Issues

Interest in Teaching

Knowledge of Proper Nutrition

Planning Skills

Patience

Athletically inclined

Interest in Physical Activities

Interest & Knowledge in the mechanics and general health of human body

### **Job & Internship Search Sites**

Blue Fish jobs <http://www.bluefishjobs.com/>

NCAA <http://www.ncaa.org>

Public Health Career Action Center

<http://www.sph.emory.edu/student-service/Career.html>

Health Promotion Career Network-- job listings in health education & fitness

<http://www.hpridirect.com/jobspage.cfm>

NYU Health Education Professional Resources-- job listings

<http://www.nyu.edu/education/hepr/jobs/jobbank/>

US Dept. of Health & Human Services-- job listings

<http://www.hhs.gov/jobs/hhsjobs.html>

STUDENT EDUCATIONAL EMPLOYMENT PROGRAM--

Summer/temp/opportunities with the CDC

<http://www.cdc.gov/hrmo/student.htm>

NIH Employment and Training Opportunities

<http://ohrm.cc.nih.gov/employ/nihopp.html>

Team Work Sports Team Jobs <http://www.teamworkonline.com/> □ Search for all kinds of internships with professional sports teams

Health and Wellness Jobs <http://www.healthandwellnessjobs.com/>

Human Kinetics <http://www.humankinetics.com/careers/>

Johnson and Johnson <https://opportunities.jnj.com/index2.html>

Online Sports <http://www.onlinesports.com/pages/CareerCenter.html>

Education job listings web sites

<http://www.uncwil.edu/stuaff/career/Majors/education.htm>

MonsterTRAK <http://www.monstertrak.com>

Health Care Job Bank <http://www.healthcarejobbank.com/>

Taz Sport Coaching Jobs <http://www.tazsport.com/>

U.S. Dept of Health & Human Services

[www.hhs.gov/jobs](http://www.hhs.gov/jobs) □ [www.hhs.gov/careers/students.html](http://www.hhs.gov/careers/students.html)

National Institute of Health <http://www.nih.gov>; For internships go to <http://www.training.nih.gov>

TeamWork Online's Sports Jobs □ <http://www.teamworkonline.com/>

Professional Baseball Employment Opportunities □ <http://www.pbeo.com/>

### **Career Planning Links**

Exercise Science Careers <http://careerservices.rutgers.edu/Mexercise.html>

NCAA Career Coach <http://ncaacareercoach.monster.com/>

Get that Gig - In Sports & Fitness

<http://www.getthatgig.com/sports/index.html>

Guide to Careers in Sports

<http://www.sportscareers.com/insiders/insiders.asp>

### **Professional Associations Links**

National Association for Sport and Physical Education □ <http://www.aahperd.org/aahperd/template.cfm?template=students.html>

The National Athletic Trainers Association <http://www.nata.org>

American Physical Therapy Association <https://www.apta.org/>

The American College of Sports Medicine <https://www.acsm.org>

Sports and Exercise Psychology - Professional Organizations

<http://spot.colorado.edu/~collinsj>

American Association. for Health Education

<http://www.aahperd.org/aahe/template.cfm>

### **Miscellaneous Resources:**

Sports Media: Physical Education and Sports for everyone <http://www.sports-media.org/>

SPORTQuest - information on sports, statistics and results, sports training, sports medicine, sport science and physical education

<http://www.sportquest.com>

Resources for physical fitness and physical education □ <http://k-12.pisd.edu/ElemCurr/PE/pesites.htm>

Physical education for elementary, middle, high school, teachers, students and parents <http://www.pecentral.org/>

Physical Education - Selected Homepages  
<http://www.idcnet.com/~cstewart/eInkpe.htm>

Spark: Innovative k-6 Physical Education curriculum  
[http://www.educationplanet.com/search/redirect?id=2926&mfcoun=49&mfkw=physical\\_education&startval=0](http://www.educationplanet.com/search/redirect?id=2926&mfcoun=49&mfkw=physical_education&startval=0)