The Department of Health and Human Performance at Texas State offers several master’s programs that prepare students for careers and doctoral study in many areas including athletic training, cardiac rehabilitation, exercise science, health and wellness promotion, kinesiology, physical education, recreation administration, recreation therapy, sport education, and strength and conditioning. Our faculty are nationally and internationally known for their research on autism, biomechanics, concussions, exercise physiology, fitness, health promotion, motor development, musculoskeletal injury, physical education, recreation administration and therapy, sport and exercise psychology, therapeutic modalities, sexual health, and health and wellness programming. Recent visiting scholars to the department have come from Brazil, Egypt, Korea, England, and Russia.

The mission of the Department of Health and Human Performance is to create and disseminate knowledge promoting evidence-based practice in athletic training, health promotion, exercise science, and recreation professions. We work to directly promote improved human performance and quality of life through evidence-based educational, recreational, and therapeutic interventions and programs. Our vision is to be a national leader in promoting human performance and health-related quality of life for all.

Financial Assistance
Because the department offers instructional programming for the general university student, in addition to undergraduate athletic training, exercise science, health education, and recreation major programs, there are extensive opportunities for teaching assistantships, research assistantships, or internships. To be considered for positions as graduate assistant instructors, applicants must have unconditional admission to The Graduate College. Applicants who are interested in these positions should go to http://www.hhp.txstate.edu.

Master of Education (M.Ed.)
- Major in Health Education (Non-thesis Option) (http://mycatalog.txstate.edu/graduate/education/health-human-performance/health-education-med)
- Major in Physical Education (Teacher Certification Option) (http://mycatalog.txstate.edu/graduate/education/health-human-performance/physical-education-med)

Master of Science (M.S.)
- Major in Athletic Training (Non-thesis Option) (http://mycatalog.txstate.edu/graduate/education/health-human-performance/athletic-training-ms)
- Major in Exercise Science (Non-thesis Option) (http://mycatalog.txstate.edu/graduate/education/health-human-performance/exercise-science-ms)

Master of Science in Recreation and Leisure Services (M.S.R.L.S.)
- Major in Recreation Management (Non-thesis Option) (http://mycatalog.txstate.edu/graduate/education/health-human-performance/recreation-management-msrls)
- Major in Therapeutic Recreation (Non-thesis Option) (http://mycatalog.txstate.edu/graduate/education/health-human-performance/therapeutic-recreation-msrls)

Minors
- Exercise Science (http://mycatalog.txstate.edu/graduate/education/health-human-performance/exercise-science-minor)
- Health Education (http://mycatalog.txstate.edu/graduate/education/health-human-performance/health-education-minor)
- Physical Education (http://mycatalog.txstate.edu/graduate/education/health-human-performance/physical-education-minor)
- Recreation and Leisure Services (http://mycatalog.txstate.edu/graduate/education/health-human-performance/recreation-leisure-services-minor)