Department Mission
The mission of the Department of Health and Human Performance is to create and disseminate knowledge promoting evidence-based practice in health promotion, exercise science and recreation professions. The department works to directly promote improved human performance and quality of life through evidence-based educational, recreational and therapeutic interventions and programs. The vision is for the department to be a national leader in promoting human performance and health-related quality of life for all. The department strives to build on the long-standing reputation for preparing excellent athletic trainers, health educators, physical education teachers and recreation leaders.

The Health and Wellness Promotion faculty helped me to achieve dreams I, a first generation college student, didn’t even know were possible. Their attentiveness and high educational standards helped me to discover my passion and guided me to become the health education professional I am today.

– Koreena Villareal, M.Ed., ’14,
Certified Health Education Specialist

Students promote health in community, school and public health settings by using evidence-based practices to influence personal behavior and public policy.

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Why choose Texas State?
Texas State, an emerging research and Hispanic-Serving Institution, offers a health education program that provides opportunities for:

- personal interactions with faculty
- collaboration with fellow students in small classes
- abundant career options in the fast-growth corridor of Central Texas, situated on the edge of the beautiful Texas Hill Country
- study abroad

Graduates of the health education program are in demand for employment in various health and wellness promotion settings due to a higher than average growth rate in the field.

Course Work
Students pursuing a master of education in health education may select a thesis or non-thesis option. Non-thesis students will complete either an independent study or internship as a capstone experience.

- Thesis option: requires 36 hours of course work with 21 courses in the major, nine in the minor and six hours of thesis work
- Non-thesis option: requires 36 hours of course work with 21-24 in the major and 12-15 in the minor

After completing the program, students are eligible to sit for the nationally accredited Certified Health Education Specialist (CHES) examination. The CHES examination is considered the only national entry-level certification for employment in the field.

Faculty
Members of the health education graduate faculty are national leaders in the fields of public health, community health and school health. They are the authors of numerous peer-reviewed publications, books and grants, serve as officers and board members in state and national professional associations and set high standards for students in the health education program at Texas State. They are also leaders across campus that help make Texas State University “The Rising Star of Texas.”

Career Options
Graduates with a master’s degree in health education are trained to work in academic, clinical, community, corporate, nonprofit and government settings. Graduates perform a variety of leadership roles, including individual and community health education, research, grant writing and program planning, implementation and evaluation. Other graduates enroll in Ph.D. programs following completion of the master’s program.

Important Deadlines*
Admissions
Priority Fall: February 15
Fall: June 15
Spring: October 15
Summer: April 15
Summer midterm: June 1

Applications will continue to be considered on a space-available basis after the deadline.

Funding: Scholarships, Fellowships and Assistantships
Applications must be complete by the priority deadline to be considered for funding.

How to Apply
For information regarding admission requirements and submission instructions, please visit:
gradcollege.txstate.edu/apply

*International applicants can view specific deadlines and requirements at:
gradcollege.txstate.edu/intl_home

For information on deadlines, admission requirements and funding, visit:
gradcollege.txstate.edu/health_ed