



Understanding, developing and promoting a healthy lifestyle is the major focus of the Department of Health and Human Performance (HHP) in the College of Education at the University of Houston (UH).

The HHP Department is committed to providing outstanding educational experiences and premier research opportunities designed to develop tomorrow's leaders in the exercise, health and fitness, sport administration and nutrition industries.

Our diverse and accomplished faculty is a student-oriented team of professionals on the forefront of educational technology. Their research projects include collaborations throughout the world.

Please contact us if you have any questions concerning our graduate programs.

Dr. Charles Layne
Professor and Department Chair

Visit today ...

... at <http://hhp.uh.edu>

Or e-mail Mr. Todd Boutte:
medadvisor@mail.coe.uh.edu

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UNIVERSITY of HOUSTON
Department of Health and Human Performance
3855 Holman St., Rm. 104 Garrison Gym
Houston, TX 77204-6015



Health & Human
Performance

Master of Science
in Human Nutrition

Open the gateway to your future ...

with a Master of Science (M.S.)
in Human Nutrition

Designed for

- Aspiring nutrition and exercise specialists
- Students with an interest in the emerging field of sports nutrition
- Students interested in implementing intervention and prevention programs by integrating the principles of nutrition and exercise science
- Practicing dietitians seeking to expand their knowledge or further specialize in nutritional science or sports nutrition
- Students preparing to pursue a doctoral degree
- Professional development and career enrichment



“The M.S. in human nutrition will create more career opportunities for students because there is a growing demand for Registered Dietitians and nutritionists in corporations, schools, and many other facilities. The integration of principles in exercise science and nutrition gives this program a unique advantage over others.”

The instructors are outstanding in their field, known for their expertise and the passion that they bring to their work and students. They are professionals who will expand their students’ knowledge and help develop the skill sets to equip them for success.”

Laura Hinkson, R.D., L.D.
HHP alumna

Why HHP

- Outstanding internship and professional employment opportunities exist in the greater Houston area.
- Graduate tuition rates at UH are very reasonable, and there are many fellowship opportunities available. HHP accepts applications every semester for teaching fellow positions that offer 9 credit hours of tuition waiver, plus a stipend each month. (<http://www.uh.edu/financial/graduate>).
- You have an opportunity to work with the #1 ranked, most productive faculty in the nation in the fields of health, physical education and recreation, according to Academic Analytics (http://hhp.edu/Currentevents/08_ranking.cfm).
- You will improve your marketability for promotions and open more career opportunities.
- You will become part of an active, nationwide alumni organization that proudly supports the great traditions of the University of Houston.

Areas of Specialization


Sports Nutrition

Sports nutrition is an emerging field with increasing demand for practitioners who can integrate the skills of medical nutrition therapy, counseling, and the special nutritional needs of active individuals provided by this area of specialization. Athletes, from weekend sport enthusiasts to professionals, are looking for reputable resources to help with their nutritional needs to maximize performance and create a healthy, long life through proper nutrition. Registered Dietitians are known for providing evidence-based information to clients, making them the premiere provider of nutrition information and counseling to athletes. Personal trainers can add a solid knowledge base of the nutritional needs and performance-enhancing aspects of diet to a broad spectrum of athletes. Graduates will find demand for their skills in schools and universities, sports teams, food product development, fitness and corporate wellness and cardiac rehabilitation centers.

Nutritional Science

This area of specialization will produce practitioners with the unique ability to integrate the principles of both nutrition and exercise in the development and implementation of intervention and prevention programs. In-depth knowledge of the physiology of the cardiovascular system and the prevention and treatment of related diseases make nutritional science an excellent choice for current practitioners or students with a particular interest in cardio-vascular health. Graduates will find their skills in demand in areas such as cardiac rehab, acute care hospitals, community health centers, family practice clinics, wellness, and bariatric surgery practices.

Health & Human
Performance

University of Houston
College of Education

COLLABORATION
FOR LEARNING & LEADING