

## Murray State University Health & Physical Education

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### Program Summary

The undergraduate program in Public and Community Health (PCH) at Murray State University prepares students for careers in health and physical education related fields, including teaching, parks and recreation, YMCAs, non-profits, coaching, fitness and wellness, and many more. The program provides students with “hands on” and experiential learning opportunities as a direct result of professional relationships with stakeholders.



### Strengths & Noteworthy Practices

The program is an exemplar in developing students with the skills they will need to advance in the workplace and thrive in a career. The program is impressively dedicated to continuous improvement and instills that same spirit in its students.

Institutional, Program, and Course Learning Outcomes are robustly connected to the Employability Framework (and thus, career success) and EEQ-centric curricular practices are woven throughout the program. Authentic and meaningful activities are developed intentionally to ensure students are prepared to successfully enter the workplace. Reflective exercises are woven throughout the curriculum, encouraging self-awareness, critical thinking, and continuous improvement, enabling students to recognize their strengths and weaknesses, set goals, and adapt their skills to meet workplace demands.

The integration of career support services into the program requirements is exceptionally strong. Students are exposed early to career and work culture and can connect their academic learning with real-world career opportunities and are provided guidance and tools to navigate their chosen field effectively. They build practical skills, gain work-relevant experience, and make informed decisions about their career paths.

