

Related Activities

We encourage students to enrich their experience in the Health and Physical Education Program by participating in activities outside the classroom. These activities allow students to acquire skills and experience that can enhance graduates' marketability for teaching positions. The following are just a few examples of the many opportunities available to students at the University of Delaware.

The HPE Majors Club is one of over 250 Registered Student Organizations on campus. The club provides students with leadership experience and opportunities for community service related to the profession. KidzFit4Life is one example of a volunteer project in which HPE majors worked with a community organization to teach inner-city middle school children about healthy, active lifestyles. The majors helped prepare the facility, develop the curriculum, and teach nutrition and physical education lessons.

Recreation Services provides students with a variety of student-run competitive **Club Sports**. Students can participate in high-level extramural competition and gain experience in leadership and organization. Team members create their own competition schedules, plan a budget, and make financial and travel arrangements.

Study Abroad opportunities are offered during winter and summer sessions with courses related to physical education and sport. Faculty in the Department of Behavioral Health and Nutrition direct the programs and teach regular credit courses. Past study abroad destinations include South Africa during the World Cup, Australia during the Summer Olympics, Brazil, China, and New Zealand.

Service Learning Scholarships provide students with the opportunity to immerse themselves in a service learning or community-based research project for 10 weeks during the summer. Service Learning Scholars work with a faculty mentor and a community agency on these real-world experiences. The following are examples of projects completed by HPE students in the past:

- The Impact of Specific Teaching Behaviors on Student Engagement in a Summer Physical Activity Program
- Working Muscles, Working Minds? Can Physical Activity Impact Performance on Cognitive Tasks
- Effects of Canine Assistance on Physical Activity Levels of Children with Autism Spectrum Disorders