

# PHYSICAL EDUCATION

## COMMON CAREER PATH

Physical Education combines two exciting concepts: spending time with students and helping them put together a foundation for movement, personal fitness, and healthy choices that will enhance their lives. Physical Education graduates are prepared for a license to teach K-12 physical education and health and to coach athletics. In addition to teaching, many graduates enter careers in the YMCA and similar agencies where teaching, coaching, and programming professionals are needed.

## FRESHMAN YEAR

### Career Development Activity Options

- Access your HIRE System account and update your profile
- Identify and join student organizations
- Explore OSU and the Stillwater community through part-time work, volunteering and participating in events
- Research your desired career: find out the growth rate, expected salary range, possible locations, etc.
- Develop a career plan
- Become familiar with and explore the resources and services available to you for self-discovery
- Visit the Career Services office in 102 Willard Hall

## SOPHOMORE YEAR

### Career Development Activity Options

- Search the HIRE System for internships
- Meet with a Career Consultant to develop and/or update resume
- Identify faculty, advisors, peers, administrators and staff that you can add to your professional network
- Continue to develop and enhance skills by seeking leadership positions in organizations, the classroom, work or other activities you are involved in
- Make revisions to your career plan as necessary
- Make contact with employers by attending information sessions, club speakers and alumni events.
- Visit organizations of interest to you
- Continue to assess your interests, values, skills and abilities

## JUNIOR YEAR

### Career Development Activity Options

- Have your resume critiqued by a career consultant
- Research specific employers you are interested in working for
- Attend professional meets and conferences
- Continue to build your network of faculty and professional contacts
- Participate in a mock interview
- Attend a career fair
- Begin graduate/professional/medical school applications

(continued)

# PHYSICAL EDUCATION

---

## **SENIOR YEAR**

### Career Development Activity Options

- HHP 4733- Mock Interviews
- Develop targeted resume and cover letter
- Update your HIRE System account
- Clinical Practice Internship (Student Teaching) – full semester
- Fine tune career plan and decide how you will transition from school
- Attend a career fair or networking event related to your career goal
- Purchase an interview suit (if you haven't already!)
- Apply to positions of interest
- Upon graduation, report your HIRE status at [www.hireosugrads.com](http://www.hireosugrads.com)

## **ALSO CONSIDER THE FOLLOWING**

### Career Development Activity Options

- Join Physical Education Club