



Preparing for Your ESHP Career

Career decisions are always difficult to make. The following guidelines will help to make your ESHP career a reality:

1. **Assess your interests:** Do you enjoy physical activity? Are you interested in how the human body works? Could you commit yourself to the study of anatomy, physiology, chemistry, and physics?
2. **Goals:** What would you like to be? A physical therapist or a personal trainer? A scientist or a health promoter? It's not too early to start collecting information about your life's work. Ask your guidance counselor for help in contacting professional organizations to invite ESHP professionals to your school's career fairs.
3. **Education:** You must have the necessary educational preparation required to enter a ESHP career. You can begin by asking your health and science teachers and guidance counselors for advice on the most appropriate courses to prepare you for college work in ESHP.
4. **Work/Volunteer:** Look for a possible job position or volunteer in a fitness facility, on a school athletic team, a hospital, or in a physician's office. These activities will supply you with insight into career possibilities within the ESHP field.
5. **Be Well-Informed:** Determine which colleges or universities offer programs in the ESHP field. Colleges and universities are anxious to attract you as a potential student and will gladly answer any questions that will help you make a wise decision.

NOTE: The following high school courses should be considered prerequisites for successful college study in ESHP: anatomy, biology, chemistry, physics, computer science, trigonometry.