The BSE Program in Physical Education provides candidates the skills and knowledge to develop fitness and wellness programs, provide education to K-12 year students, and promote activities to enhance a quality of life. To supplement the bachelor’s degree program, Delta State offers a master’s degree program that leads to a Mississippi State teaching certification. The division also offers dual certification in health and physical education.

A concentration in exercise science provides candidates with knowledge on disciplines including biomechanics, sports nutrition, sport psychology, motor control/development, and exercise physiology. Students will become skilled in evaluating healthy behaviors and risk factors. Knowledge on fitness assessments, exercise prescriptions, and motivation for healthy lifestyles is offered through the program. Exercise Science professionals work in a wide variety of settings, including corporate, clinical, community, and commercial fitness centers.

The HPER non-teach bachelors of science is a multidisciplinary degree program originating in the Health and Physical Education department. Community health education, wellness and health promotion professionals possess the passion, interest and skills to help individuals and communities voluntarily adopt healthy behaviors and lifestyles.

Recreation Administration is an academic program focusing on the skillsets and knowledge needed to create and deliver recreation and leisure programs in a variety of professional settings. This program teaches leadership theories involved in community recreation, facility management and design, sport education, coaching methodology, aquatics, first aid, and wilderness recreation adventure which focuses on environmental stewardship and outdoor leadership skills. Candidates in this field will be required to complete a 400 hr internship.

The Master of Education degree is designed for students who wish to pursue professional study in education as classroom teachers, counselors, supervisors, administrators, or in specialized areas. The Sport and Human Performance degree is a 36 credit hour program offering three concentrations: Exercise Science, Sports Management, and Human Performance. Each concentration provides opportunities for students to complete practicum hours, research projects, and internships. Graduate assistantships are offered to students seeking work experience as athletic coaches, athletic trainers, sports information personnel, and personal trainers in the health and wellness area.
The Outdoor Recreation Education Program (OREP) is an exciting program which teaches participants the importance of human-powered outdoor recreation, conservation & preservation, and Leave No Trace™ Principles. All courses provide the education and practice related to the skills needed for the expeditions or field trips. There is no experience necessary for these courses, and all courses are designed for beginners. Outdoor Courses include:

- Intro to white water rafting
- Intro to canoeing
- Intro to sea kayaking
- Intro to mountain biking
- Intro to rock climbing
- Intro to scuba diving
- Intro to back packing/hiking
- Intro to multi-adventure

The Center includes a 60-meter by 25-yard pool with moveable bulkheads, plus a separate diving well. The Center has enough seating to accommodate over 2,500 swimming enthusiasts.

- Recreational Swimming
  - Monday - Thursday: 7-9 p.m.
  - Saturday: 2-4 p.m.
  - Sunday: Closed
- Fitness Swimming
  - Monday - Friday: 12-2 p.m.

The Intramural Program is designed to provide Delta State students, faculty and staff with the opportunity to participate in a variety of recreational sports and activities. Every participant is given a chance to develop physically and mentally through social recreation.

- SPRING
  - Badminton
  - Basketball
  - Dodgeball
  - Pickleball
  - Softball
  - Volleyball
  - Corn Hole
  - Wiffleball
- FALL
  - Archery
  - Spikeball
  - Kan Jam
  - Sand Volleyball

The Dave Heflin Outdoor Recreation Education Laboratory is located in the Forest E. Wyatt Center for HPER. The lab houses a boulder/climbing training facility, work/wash room, and education center. All outdoor recreation courses meet in the lab.

Located directly across the street from the cafeteria, in the center of campus, the Forest E. Wyatt Center is the hub of recreation and wellness for all faculty, staff, students, and community users. The center houses the following:

- Health, Physical Education, & Recreation Division
- Outdoor Recreation Education Laboratory
- Outdoor Recreation Education Program
- Campus Fitness Center
- Free Wi-Fi Access & TV Lounge
- Intramural Sports Program Office & Sign Up
- Exercise Physiology Laboratory
- Multi-Media Room
- 3 Indoor Basketball Courts
- 2 Indoor Tennis Courts
- 4 Outdoor Tennis Courts
- 5 Badminton Courts
- 2 Volleyball Courts
- 4 Racquetball Courts
- Indoor Cycling Room
- Faculty Locker Rooms
- Student Locker Rooms

Aquatic Center
Ronnie Mayers | Athletic Director
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Intramural Sports
Kirk Mansell | Director
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