



# UNIVERSITY OF HEALTH & PERFORMANCE

## FITNESS OPERATIVE CORNERSTONE COURSE

### PURPOSE

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The University of Health & Performance (UHP) is a catalyst for purpose. We empower others to Think, Train, Feel, and Lead.

### PHILOSOPHY

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We approach health and performance through a proprietary four-dimensional model known as “The Purpose Blueprint.” We believe health is a combination of physical, mental, emotional, and social aspects. We believe performance is the way individuals function at work, on teams, and in relationships. We teach:

- **THINK.** "Move your mind." The way we approach learning and growth.
- **TRAIN.** "Move your body." The way we move our bodies for overall health.
- **FEEL.** "Know your emotions." The skills that build our self-awareness to strengthen communication and relationships.
- **LEAD.** "Live your values." The way we live our lives according to what matters most.

### WHY WE CREATED THIS COURSE

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UHP is the first integrated university of its kind. Our philosophy and approach finds its foundation in the interconnectedness of physical, mental, emotional, and social aspects, or what we refer to as The Purpose Blueprint.

The Purpose Blueprint principles are weaved into the fabric of our DNA, providing individuals with actionable steps to define the path to their ultimate purpose. Our philosophy creates a learning environment for our future leaders to enrich their lives and reach their highest potential through the 4 dimensions of education and knowledge. By focusing on self-development while gaining an unparalleled education in health and fitness, our students are well-equipped to thrive in a professional, personal, and community-oriented capacity

### CORNERSTONE COURSE DESCRIPTION

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Students will complete a multi-phase certification program unlike any other in the industry, taught by world class instructors from across all disciplines. Prior to the immersive, 3-week campus experience, students will gain access to 10 comprehensive sections covering the scientific foundations of exercise science to complete. The 10 sections of the Fitness Operative Cornerstone Course will be completed online through the UHP Student Portal and distance learning experience.

Students will then experience 3 weeks at UHP where they will apply the scientific foundations in both classroom and training facility settings, while getting intimate instruction from UHP educators. Students culminate their 3 week experience by taking and passing their Personal Training Certification test.

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## PROCESS



**IN-PROCESS ONLINE**  
Step one is an online application designed to capture basic information on each applicant.



**GET TO KNOW THE TEAM**  
Step two is a video meeting with our admissions experts that allows us to get to know you.



**TIME TO TRAIN**  
Students enrolled into the course will spend time leading up to camp in an online learning experience that prepares them for 3 weeks on camp with us.

## TEAM

The UHP coaching staff is an interdisciplinary team comprised of backgrounds in multiple fields of study and application. Our team consists of individuals in the fields of strength and conditioning, sport and performance psychology, mental health, and leadership. Prior to our time at UHP, we have served in the following organizations:



**Hunter Schurrer, CSCS**  
UHP Director of Training  
18+ year experience in strength and conditioning with college athletes and special forces



**Ben Freakley, CMPC**  
UHP Vice President for Performance and Wellbeing. 20+ years experience in coaching and sport and performance psychology



**John Martin, M. Ed**  
UHP Director of Graduate Support. 20+ years experience in Educational Psychology, Counseling, and Performance Coaching.



**Raye Perez, MS**  
15 Years Army SOF with Extensive Experience in Building Cultures of Excellence. MBA Goizueta Business School. MIT Design Certification

"Who you are is not what you do but why and how you do it! We call that PURPOSE and we are here to help you carry it through life."

-UHP Staff

## CONTACT INFORMATION

For more information contact us at [admissions@university-hp.com](mailto:admissions@university-hp.com) or contact Harrison Johnson at 479-633-3746.

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# UNIVERSITY OF HEALTH & PERFORMANCE

## CAMP



## DATES

### Fitness Operative Cornerstone Course Session

❖ January 9-29, 2022	❖ June 22-July 12, 2022
❖ February 6-26, 2022	❖ July 17-August 6, 2022
❖ <del>March 6-26, 2022</del>	❖ August 10-30, 2022
❖ April 3-23, 2022	❖ September 6-26, 2022
❖ May 1-21, 2022	❖ October 2-22, 2022
❖ May 29-June 18, 2022	❖ October 26-November 15
❖ November 27- December 17, 2022	

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