FITNESS AND HEALTH PROMOTION

Students enrolled in fitness and health promotion should have a strong interest in the sciences as this program applies science to human function. The student will explore exercise physiology, anatomical kinesiology, community health or physical activity and aging, worksite health promotion, human nutrition and sports nutrition, among other subject areas. Career opportunities include: sports and wellness program instructors and directors; strength coaches for college, university and professional sports programs¹; managers and exercise leaders in corporate wellness programs; nutritionist¹; occupational therapist¹; and personal trainer.

¹These programs may require additional schooling.

Contact Information
Department of Kinesiology
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Programs of Study
Bachelors
- Fitness and Health Promotion (BS) (http://catalog.coloradomesa.edu/areas-study/fitness-health-promotion/fitness-health-promotion-bs)