

# FITNESS AND HEALTH PROMOTION

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## Program Description

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 worksite health promotion, physical activity and aging, and human and sports nutrition. Career opportunities include: strength coaches in the private sector, secondary education, the university, or professional sports programs; sports, health, and wellness program instructors or directors; managers and leaders in the worksite health promotion setting; occupational therapists\*; health department staff at the local, state, regional, or federal level; and personal trainers or group exercise instructors.

\*This profession will require additional schooling.

## Contact Information

Department of Kinesiology  
Maverick Center 237B  
970.248.1635

## Programs of Study Bachelors

- Fitness and Health Promotion (BS)