

# MAJOR IN HEALTH AND EXERCISE SCIENCE, HEALTH PROMOTION CONCENTRATION

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The Health Promotion concentration provides academic content and experience in promoting positive health behaviors such as physical activity, weight management, stress management, identification of risk factors associated with chronic disease (cardiovascular rehabilitation, cancer rehabilitation, pulmonary rehabilitation) and exercise prescription. The curriculum focuses on exercise science, behavior change, health promotion program development and practical field experiences.

This concentration prepares students for careers in a wide variety of allied health fields for all ages, from youth to older adults. Graduates of this concentration pursue careers working in clinical rehabilitative settings, corporate health and wellness programs, fitness facility management, strength and conditioning, non-profit organizations, public health, chiropractic fields, therapeutic recreation, firefighting, and health/wellness areas. Students in this concentration have also been very successful in continuing their formal education with graduate school.

## Accelerated Program

The Health Promotion concentration includes an accelerated program option (<https://provost.colostate.edu/accelerated-programs/>) for students to graduate on a faster schedule. Accelerated programs typically include 15-16 credits each fall and spring semester for three years, plus 6-9 credits over two to three summer sessions (<https://summer.colostate.edu/acceleratedprograms/>). Students who enter CSU with prior credit (AP, IB, transfer, etc.) may use applicable courses to further accelerate their graduation. Visit the Office of the Provost website for additional information about Accelerated Programs (<https://provost.colostate.edu/accelerated-programs/>).

Learn more about the Health Promotion concentration on the Department of Health and Exercise Science website. (<https://www.chhs.colostate.edu/hes/programs-and-degrees/b-s-in-health-and-exercise-science/health-promotion-concentration/>)