

MAJOR IN HEALTH AND EXERCISE SCIENCE, EXERCISE SCIENCE CONCENTRATION

The mission of the department is to discover new knowledge through excellence in research in the areas of health and exercise science and to disseminate that knowledge through research, academics, and outreach programs. We are committed to our goal of producing graduates who focus on helping people protect, maintain, and improve their health and quality of life throughout their lifespan. The Exercise Science concentration offers students a strong science-based education dealing specifically with applications of the natural sciences to the study of health and exercise science. The program represents an excellent foundation for students seeking clinical careers such as physical and occupational therapy, medicine, as well as for students planning to continue on to graduate research programs.

Accelerated Program

The Exercise Science 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 Exercise Science 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/sports-medicine-concentration/>)