

MAJOR IN HEALTH AND EXERCISE SCIENCE, HEALTH PROMOTION CONCENTRATION

[Provost website for additional information about Accelerated Programs \(https://provost.colostate.edu/accelerated-programs/\)](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/>)

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.

Learning Objectives

Students will:

1. Demonstrate critical thinking and the ability to apply knowledge related to the key concepts, issues, and tools fundamental to health and exercise science.
2. Understand the importance of physical activity in optimizing physical and mental health and preventing/treating disease and disability in people of all ages and provide a detailed explanation of physical activity guidelines and recommendations.
3. Develop and demonstrate practical knowledge and understanding in human anatomy and physiology through active classroom learning, laboratory, supervised college teaching, capstone projects, research involvement, practicums, and/or internship experiences.
4. Demonstrate the ability to communicate effectively through writing and oral presentations. Writing skills will focus on the ability to synthesize and apply health and exercise science disciplinary knowledge. Presentation skills will focus on the ability to find and summarize scientific information, develop complementary visual aids, and speak with confidence.
5. Demonstrate the ability to design and implement a comprehensive community-based health promotion program.
6. Develop a depth of knowledge that enables them to critically evaluate health-related programs and products and distinguish between evidence-based facts and popular fads.
7. Develop collaborative skills necessary to work as a cooperative, productive, and accountable team member while working with individuals of diverse backgrounds.

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. [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](#)