



ESHP Program

The Department of Exercise Science & Health Promotion (ESHP) is headquartered on the Boca Campus and offers an interdisciplinary undergraduate and graduate emphasis in exercise science and health promotion. The programs are designed to prepare students for careers in clinical, corporate, commercial and/or community physical fitness and wellness education. The American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA) have reviewed our undergraduate curriculum and have provided National endorsement of the ESHP program. Upon completion of the program, students will be prepared to take the American College of Sports Medicine certification examination in the specialty area of Health/Fitness Instructor (HFI), the National Strength and Conditioning Association exam for Certified Strength and Conditioning Specialist (CSCS), or the National Commission for Health Education Credentialing Exam for Certified Health Education Specialist (CHES).

Exercise science deals with the study of the immediate and long term effects of physical activity on the human body. Health promotion encompasses all of the components involved in the total well-being of an individual, exploring the social, spiritual, biological, emotional, physical, and environmental aspects of optimal health. Exercise Science and Health Promotion (ESHP) is a curriculum which covers a wide spectrum of issues involving human physiology and its proper physical and psychological maintenance. Additionally, the curriculum addresses various disease states and their responses to healthy life-style changes. The FAU ESHP program offers a wide variety of course work with an excellent foundation for all aspects of exercise science and health promotion.