



Specialties within ESHP

Exercise Physiology

This is the study of what happens to the body when one exercises. Many positions require certification. COURSE WORK: human anatomy, biology, chemistry, nutrition, motor learning, human physiology, exercise physiology, fitness assessment, exercise testing.

Health Promotion

Students in this program will be prepared for careers such as worksite health promotion, community health, corporate, and school health. COURSE WORK: perspectives of health and wellness, health promotion, nutrition in health and exercise, stress management, substance abuse, weight management.

Note: The following high school courses should be considered prerequisites for successful college study in ESHP: anatomy, biology, chemistry, physics, computer science, trigonometry.