

Health Promotion, B.S.

Learning Outcomes

Students will be able to:

- undertake focused study in physical fitness, physical activity, sport nutrition, and sport conditioning as they pertain to health and performance outcomes;
- use and understand scientific methods to solve problems in health promotion;
- instill an understanding and appreciation of the relevance of healthy behaviors to a fulfilling and productive life; and
- encourage life-long learning in the rapidly evolving fields of health promotion.