

Florida Atlantic University, established in 1961, officially opened its doors in 1964 as the fifth public university in Florida. Today, the University, with an annual economic impact of \$6.3 billion, serves more than 30,000 undergraduate and graduate students at sites throughout its six-county service region in southeast Florida.

MEET THE FACULTY

Christopher Boerum, M.S., CSCS
Florida Atlantic University

Anita D'Angelo-Herold, M.Ed.
Florida Atlantic University

B. Sue Graves, Ed.D., FACSM, Chair
University of North Carolina-Greensboro

Michael Hall, Ph.D., CHES
University of Tennessee

Chun-Jung Huang, Ph.D.
Virginia Commonwealth University

Tina Penhollow, Ph.D., MCHES
University of Arkansas

Michael Whitehurst, Ed.D., FACSM
University of Georgia

Robert Zoeller, Ph.D.
University of Pittsburgh

Michael Zourdos, Ph.D., CSCS
Florida State University



FLORIDA ATLANTIC UNIVERSITY
College of Education

If you are interested in enrolling at FAU in
Exercise Science and Health Promotion, contact:

Florida Atlantic University
Department of Exercise Science
and Health Promotion

777 Glades Rd., FH 11
Boca Raton, FL 33431
561.297.2938
Fax: 561.297.2839

www.coe.fau.edu/eshp

ESHPinfo@fau.edu



Undergraduate Studies in Exercise Science & Health Promotion



FLORIDA ATLANTIC UNIVERSITY
College of Education

PROGRAM OVERVIEW

The Department of Exercise Science and Health Promotion offers an interdisciplinary undergraduate emphasis in Exercise Science and Health Promotion (ESHP). Students who successfully complete the recommended course of study will receive a bachelor of science (B.S.) or B.S.E. degree. The degree program enables students to seek careers in clinical, corporate, commercial and/or community physical fitness and health promotion. Upon completion of the program, students will be prepared to take the American College of Sports Medicine Certification Exam at the Health Fitness Specialist level, the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist exam, and the Certified Health Education Specialist exam.

ADMISSION AND PROGRAM REQUIREMENTS

1. Apply for admission to FAU (www.fau.edu/admissions).
2. Complete an interview with an advisor from Student Services (in the College of Education).
3. Complete an interview with your assigned ESHP advisor.
4. Satisfy CLAST, Gordon Rule and language requirements.
5. Be advised by an ESHP faculty advisor for course offerings each semester.
6. Complete all prerequisites with a C or better.

PROGRAMS OF STUDY

Program completion criteria for upper and lower divisions. To be eligible for graduation, the student must:

1. Satisfy all University, College and Department requirements.
2. Complete the ESHP courses with a C or better in each course.
3. Satisfactorily complete all exit assessments.
4. Be recommended for graduation by the faculty of ESHP and the College of Education.

LOWER-DIVISION REQUIREMENTS

Students planning on majoring in ESHP can satisfy the University and General Education requirements while simultaneously satisfying ESHP lower-division prerequisites. See the College of Education and ESHP advisors for specifics.

ESHP UNDERGRADUATE COURSES

	Course Code	Credits
UPPER-DIVISION REQUIREMENTS EXERCISE SCIENCE CORE		
Introduction to ESHP	PET 3102	3
Neurophysiology of Human Movement	PET 3050	3
Kinesiology	PET 4330C	4
Exercise Physiology	APK 4110	3
Exercise Physiology and Lab	APK 4110L	1
Fitness Assessment and Exercise Prescription	PET 4551	3
Exercise Testing w/Lab (PET 4550L)	PET 4550	4
Management Principles in ESHP	PET 4404	3
HEALTH PROMOTION (6 credits)		
Nutrition in Health and Exercise	PET 3361	3
Health Promotion	HSC 4581	3
ACTIVITY LEADERSHIP CORE (9 credits)		
Exercise Leadership I	PEP 3192	3
Exercise Leadership II	PEP 3136	3
Advanced Methods in Strength/Conditioning	PEP 4138	3
ELECTIVES		
Biomechanics	PET 4340C	3
Exercise Testing and Prescription - Special Populations	PET 4552	3
Perspectives in Health and Wellness	HSC 3102	3
Stress Management	HSC 4104	3
Substance Abuse	HSC 4143	3
Weight Management	HSC 4139	3
Dir. Indep. Study (Fac. Supv. Req.)	PET 4905	1 to 3
<i>Other electives available (see ESHP advisor)</i>		
PRACTICAL EXPERIENCES (12 credits)		
Practicum – Exercise Science and Health Promotion	PET 4947	3
Internship	PET 4946	9
PROGRAM TOTAL		60

QUESTIONS AND ANSWERS ABOUT THE ESHP PROGRAM

Q. What does the ESHP program prepare me to do?

- A. The ESHP program is designed to prepare its graduates for leadership positions in the expanding health/fitness industry.

Q. Will I be certified when I graduate?

- A. At the present time, no industry standard exists in the health/fitness certification system. The American College of Sports Medicine (ACSM) comes closest with its Certified Health Fitness Specialist Certification. Our program is geared to prepare you to pass this exam, and the National Strength and Conditioning Association-Certified Strength and Conditioning Specialist exam. A student may also elect to take the Certified Health Education Specialist exam.

Q. Will the ESHP program prepare me for graduate study?

- A. Yes, the ESHP program can be used to prepare its students for graduate study in the ESHP field.

Q. Will I be given credit for prior coursework?

- A. Yes, equivalent coursework at other recognized institutions could result in course waiver. The student will need to meet with an ESHP advisor. This decision will be made on a course-by-course basis.

Q. How long does the ESHP program take to complete?

- A. On a full-time basis, the ESHP program will take four semesters. This includes the 60 upper-division hours required by FAU and the College of Education.

Q. What about prerequisites?

- A. Most of the clinical- and science-based courses have prerequisites. Check the current FAU catalog.