

Fitness & Health Promotion

CONCENTRATION

- Concentrations **MUST** officially be declared, by completing a form in the Office of Admissions & Records LH 114
- **NO exceptions** or course substitutions will be made to the concentration – all **21 units** listed below (and on the TDA) must be complete
- Once a concentration is declared, if you decide not to complete it, you must complete the form in Admissions and Records to declare **NO CONCENTRATION** and avoid a delay in graduation.

Required 12 Units (4 Courses):

Course	Title	Pre-Requisite
KNES 351	Principles of Strength and Conditioning	JR/SR, KNES 348 & 360 Recommended KNES 361
KNES 352	Principles of Teaching Group Fitness	JR/SR, KNES 202 & 210 or 191A or equivalent
KNES 354	Cardiovascular Exercise Testing and Prescription	JR/SR & KNES 348/L
KNES 495	Internship	JR/SR & Approval

NOTE: KNES 348L is a REQUIRED PREREQUISITE for KNES 354. You MUST complete this course PRIOR to KNES 354.

Choose 9 Units (3 Courses) from the following:

KNES 320, 342, 406, 414, 432, 450, 451, 453, 454, 455, 456, 457, 460, 470, 480, 499; HESC 400, 405, 440, 461

*Once a concentration has been declared AND completed, it will be notated on your transcripts

**All 21 units must be complete in addition to the 9 units of Major Pre-Requisites, 9 Units of Foundation Coursework, 18 Units of Disciplinary Core Coursework, 3 Units of Upper Division Writing (ENGL 301), and 51 Units of General Education. A total minimum of 120 units is required for Graduation.



Overview

Provides knowledge and practical experience supporting careers in areas such as personal training, fitness instruction, corporate fitness, worksite health promotion, and older adult fitness and wellness. Prepares students for advanced study in fitness and health promotion.

All concentrations MUST be declared upon completion of 85 units and/or PRIOR to applying for graduation.

Faculty Advisors

Dr. William Beam, Dr. Lee Brown, Dr. David Chen, Dr. Debra Rose, Dr. Daniela Rubin,
Dr. Clay Sherman, Dr. Kathleen Wilson