Program Overview

Students may select a degree program in Kinesiology with a concentration in one of the following areas: Exercise Science/Health Promotion, Physical Education Teaching, or Pre-Physical Therapy.

The Exercise Science and Health Promotion concentration allows students to develop an area of study compatible with career goals. Individuals, as well as corporations, recognize the need to improve health/fitness and prevent disease. Consequently, there is a demand for individuals prepared through this concentration, who have the ability to implement and interpret health/fitness assessments as well as develop programs to improve health, fitness, and performance.

The Physical Education Teaching concentration, approved by the California Commission on Teacher Credentialing, prepares students to teach and coach in K-12 schools. Teaching candidates complete a four-year degree program and a fifth year credential program, which includes student teaching. Humboldt’s physical education teacher education program provides opportunities to develop professional and interpersonal skills with clinical teaching and coaching experiences. Students are encouraged to participate in a variety of recreation, education, and/or athletic programs in order to gain a well-rounded background in knowledge and skill.

Completion of the Pre-Physical Therapy concentration provides the academic requirements necessary to apply to a graduate program for physical therapy or other health professions such as occupational therapy, nursing, physician assistant programs, medical school, or prosthetics and orthotics. Students also have the opportunity to gain more knowledge and experience in the physical therapy (and related) fields through a practica experience in local physical therapy clinics/settings.

For more information

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Bachelor of Science
Concentrations available:
Exercise Science/Health Promotion
Physical Education Teaching
Pre-Physical Therapy

Minors
Scientific Diving
Health Education
Kinesiology

Master of Science

Related Careers
Athletic Director
Corporate Wellness/ Fitness Specialist
Exercise Leader
Exercise Physiologist
Fitness Club Manager
Health Educator
Health/Fitness Instructor
Personal Trainer
Physical/Occupational Therapist
Scholar/Researcher
Sports-Specific Trainer
Strength & Conditioning Specialist
Teacher/Coach
Teacher of Individuals with Disabilities

Some of the careers listed may require additional or specialized coursework

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2019-20 Academic Year