degrees and options

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

Minors
Scientific Diving
Health Education
Kinesiology

Master of Science
Exercise Science
Teaching/Coaching

statistics
10 Faculty
361 Students

career possibilities
Athletic Director
Certified Athletic Trainer
Corporate Fitness & Health Promotion
Exercise Leader
Exercise Testing
Fitness Club Management
Health/Fitness Instructor
Personal Trainer
Scholar/Researcher
Sports-Specific Trainer
Strength & Conditioning Specialist
Teaching/Coaching
Teacher of Individuals with Disabilities

Some of the career possibilities listed may require additional or specialized coursework.

program description

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

The exercise science and health promotion option prepares students to implement and interpret health/fitness assessments as well as develop training and education programs to improve health, physical activity/fitness, diet, sport and recreation performance. Students are prepared to be leaders to promote a healthy lifestyle and prevent disease. The final phase of the program is an internship providing professional experience in the application of exercise science in a health promotion setting. This option helps prepare students for certification by the American College of Sports Medicine as a Health/Fitness Specialist, or the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist. Graduates of this option are employed in corporate, commercial, community, clinical, and university health/fitness settings, and/or continue on to graduate programs in related fields.

The teaching option, approved by the California Commission on Teacher Credentialing, prepares students to teach physical education 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 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.

The pre-physical therapy option includes coursework required by the majority of physical therapy graduate schools and other advanced health professional programs such as occupational therapy, nursing, or physician assistant. The study of the basic science in chemistry, physics, and biology is supported with advanced scientific study of structural kinesiology and exercise physiology. Upper division electives provide additional professional skills in specialty areas, such as working with children or older adults. Opportunities are provided for students to gain experience in a physical therapy clinic in the local area where students are introduced to the professional work of a physical therapist and evidence-based practices in client care.

for more information

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2013-14 academic year