

HEALTH, PHYSICAL EDUCATION AND EXERCISE SCIENCE

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The Department offers professional preparation leading to the Bachelor of Science Degree with the following emphases:

- Health, Wellness and Rehabilitation (HWR)
- Physical Education and Health Education (P/HE)
- Health Fitness Instructor (HFI)
- Kinesiotherapy (KT)

Health, Wellness and Rehabilitation (HWR) will provide graduates with the skills and knowledge needed for a range of careers including: the areas of Cardiac Rehabilitation; Pulmonary Rehabilitation; and Sports Medicine (i.e., Physical Therapy, Athletic Training, Orthopedic Rehabilitation, and Exercise Physiology).

The Certified Health/Physical Educator is trained to teach physical education in grades K-12. The teacher certification program in physical education also permits an add-on endorsement in health, aquatics, and/or driver education.

The Health Fitness Instructor (HFI) is trained to deliver fitness training in corporate settings, health spas, and in other areas of the sport and fitness industry.

The Certified Kinesiotherapist (KT) is a health care professional who, under the direction of a physician, treats the effects of disease, injury, and congenital disorders through the use of therapeutic exercise, rehabilitation exercise and education.

Health, Physical Education and Exercise Science Programs

- Bachelor of Science in Exercise Science - Physical Education and Health Education Concentration (<https://catalog.nsu.edu/undergraduate/education/health-physical-exercise-science/exercise-science-health-physical-education-bs/>)
- Bachelor of Science in Exercise Science - Health Fitness Instructor Concentration (<https://catalog.nsu.edu/undergraduate/education/health-physical-exercise-science/exercise-science-health-physical-education-bs-health-fitness-instructor/>)
- Bachelor of Science in Exercise Science - Kinesiotherapy Concentration (<https://catalog.nsu.edu/undergraduate/education/health-physical-exercise-science/exercise-science-health-physical-education-bs-kinesiotherapy/>)
- Bachelor of Science in Exercise Science - Health Wellness and Rehabilitation Concentration (<https://catalog.nsu.edu/undergraduate/education/health-physical-exercise-science/exercise-science-health-wellness-rehabilitation-bs/>)