

Program Learning Outcomes

- Apply scientific evidence-based practices to assess social determinants of health and fitness to achieve wellness goals.
- Evaluate theories and best practices to explain, anticipate, and manage behavior related to fitness and wellness goals.
- Effectively communicate and collaborate with healthcare facilities and medical professionals.
- Analyze policies for their impact on public health and health equity.
- Develop and lead coaching classes and wellness programs for individuals and groups.

Online Health and Fitness Degree

Are you interested in physical wellness and want to pursue a career helping others live healthier lives? Through Husson's fully online health and fitness degree program, you'll gain a complete understanding of nutrition, health and exercise – and be well on your way to improving the well-being of people and communities everywhere.

What You Will Learn

While some programs may focus on just one area of health, such as dietetics or exercise science, our Bachelor of Science in Health and Fitness program takes a more holistic, evidence-based approach. Through the flexibility of online courses, you'll gain a deeper understanding across several different areas of health, such as kinesiology, nutrition, human behavior, wellness coaching, disease management and public health. Upon graduating, you'll be prepared for a variety of health and fitness careers.

Curriculum

Major Requirements (27 Credits)		
Course ID	Course Name	Credits
SC 107	Foundations of Functional Fitness, Nutrition, and Wellness	3
SC 120	Functional Anatomy	3

ONLINE

SC 363	Group Exercise Instruction, Design, and Management	3
SC 429	Specialized Therapeutic Exercise Programs	3
SC 330	Exercise Physiology	3
SC 340	Kinesiology	3
HS 301	Introduction to Public Health	3
PY 113	Ethics and Professional Conduct	3
PY 335	Behavioral, Psychological, and Rehabilitation Intervention	3

General Education Courses (49-50 Credits)

Open Elective Courses (30 Credits)

Major Electives (Choose 5 courses - 15 Credits)

Course ID	Course Name	Credits
BA 101	Introduction to Business Management	3
BA 231	Principles of Leadership	3
BA 310	Organization and Management	3
BA 311	Human Resource Management	3
HS 121	Medical Terminology	3
HS 302	Global Health	3
HS 311	Healthcare Management and Organization	3
HS 321	Healthcare Law and Ethics	3

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HS 411	Health Economics and Policy	3
PY 231	Social Psychology	3
PY 232	Abnormal Psychology	3
PY 320	The Psychology of Nourishment and Wellness	3
PY 340	Physiological Psychology	3
PY 341	Gerontology	3
SC 224	Research Design	3
SC 234	Nutrition	3
SC 368	Gut Microbes, Diet, and Health	3
SC 322	Epidemiology	3
SC 439	Nutrition, Disease, and Lifespan	3
SM 300	Principles and Qualities of Coaching	3