

DEPARTMENT OF EXERCISE AND HEALTH SCIENCES

The Department of Exercise and Health Sciences (ESPE) has decided to focus its concentrations on the growing area of health sciences. With this in mind, we have retooled our undergraduate offerings and even the name of our department. ESPE is now the Department of Exercise and Health Sciences (EHS), and beginning this fall you can choose from the following EHS bachelor of science degree concentrations:

Health Science (HS)

- offers a foundational program of study for those intending to pursue careers in physical or occupational therapy, physician assistant, nursing, public health, and other health professions

Fitness Instruction and Management (FIM)

- provides individuals with the knowledge required for careers in wellness center management, fitness instruction, personal training, strength and conditioning, or worksite health promotion

Exercise Science (ES)

- continues to offer a sound scientific program of study for students seeking careers in cardiac rehabilitation, exercise research, fitness testing, or exercise prescriptions for special populations.

The concentrations are based on the belief that effective interventions for many health problems, such as cardiac disease, cancer, and childhood obesity, require the kind of collaborative approach our new and revised programs embody. We have developed educational and research partnerships with the Department of Nursing here at UMass Boston and healthcare agencies such as Dana Farber Cancer Institute and the Massachusetts General Hospital to advance our programs.

Our focus on the health sciences means that effective immediately we will no longer offer an undergraduate physical education concentration leading to initial licensure. We have made this decision with care and thoughtfulness, especially given the rich history of our physical education concentration.

Revisions to our concentrations are currently under review and should be implemented Fall 2005. Please check the Student Handbook and our website, www.cnhs.umb.edu, for the latest information.