



Undergraduate Health Promotion

■ About Our Program

The Undergraduate Health Promotion Program is for those who wish to pursue careers in exercise physiology, physical therapy, occupational therapy, corporate fitness and other health related professions. Course work is designed to provide a well-rounded scholarly understanding of the body of knowledge which relates human movement to wellness.

■ Admission Requirements

Those admitted into the Health Promotion Option must be students in good standing at the University of Montevallo who have a keen interest in the relationship between regular physical activity and health.

■ Completion Requirements

All candidates must complete a 360 hour internship in a corporate, hospital, community or school setting.

Students interested in physical therapy (PT) and occupational therapy (OT) must judiciously select courses from those required in the general education curriculum to more favorably position themselves for admittance into PT and OT graduate programs. Please consult with your advisor.

■ Course Overview

General Education Requirements

Major Course Requirements:

KNES 190: Survey of Kinesiology (2)
KNES 200: Care & Prevention of Athletic Injuries (3)
KNES 210: Personal Health (3)
KNES 211: Motor Development (3)
KNES 300: First Aid/Prevention (2)
KNES 301: Individual & Dual Sports (3)
KNES 310: Sports Nutrition (3)
KNES 380: Physiology of Exercise (3)
KNES 381: Kinesiology (3)
KNES 398: Exercise Testing and Evaluation (3)
KNES 472: Adapted PE (3)
KNES 498: Sport/Fitness Management (3)
KNES 499: Health-Fitness Program Design (3)

KNES Activity Requirements:

KNES 104: Aerobic Exercise (1)
KNES 150: Physical Conditioning (1)
KNES 153: Cycling/Jogging/Walking (1)
KNES 165: Dance, Ballroom
KNES 215: Weight Training
2 One Hour Electives

KNES 490 (Internship) (12)

Support Courses:

GB 100: Introduction to Business (3)
PSYC 300: Descriptive Statistics (3)

Restricted Electives:

Must be approved by faculty advisor

■ For Additional Information

If you would like to learn more about earning a degree in this program, please contact us.

Kinesiology
Station 6590
Montevallo, Alabama 35115
(205) 665-6590
www.montevallo.edu/knes