

# HEALTH & FITNESS

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The online B.S. in Health and Fitness will prepare you to support others in their pursuit of a better fitness and health lifestyle. Develop expertise in the essentials of improving overall physical well-being and performance—including kinesiology, nutrition, chronic disease lifestyle management, wellness coaching, chronic disease lifestyle management, functional fitness assessments and the foundations of public health. Students can take advantage of opportunities to achieve Husson-issued certificates and badges as in-program expertise credentials. Graduates are equipped to pursue careers in fitness, coaching, wellness and more.