

# Fitness Promotion, MFP

**Department:** Health, Physical Education, and Recreation Department

**College:** Emma Eccles Jones College of Education & Human Services

## Overview

### About This Degree

A person with a professional degree in “Fitness Promotion” can work in a variety of positions and settings in which a specialist is needed to develop programs that combat cardiovascular and pulmonary diseases, metabolic disorders, and musculoskeletal problems. Employment opportunities are commonly found in fitness and wellness centers, hospitals and health care facilities, rehabilitation centers, senior centers, corporations and universities.

The MFP degree aims to meet the needs of students who desire to or currently hold a position within the field of health fitness. This degree meets the needs of students who do not foresee pursuing a PhD or a career as a researcher. Student’s extensive fieldwork (practicum) experience further ensures a practical benchmark for a career as a health-fitness professional.

The primary focus of the degree is to acquire advanced skills specific to a profession in a health fitness setting. In addition to some of the same courses that MS students take (i.e., Advanced Exercise Physiology, Biomechanics), MFP students take courses in ECG interpretation and Health Psychology, as well as health- and wellness-related electives from other departments (e.g., Nutritional Epidemiology, Sociology of Health, etc.).

## Career Options

Employment opportunities are found in:

- fitness and wellness centers
- hospitals and health care facilities
- rehabilitation centers, senior centers
- corporations and universities

## What it takes

### Program Requirements

[Click here](#) to see course requirements for the **Master of Fitness Promotion**.

## Contact

### Advisor(s)

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## Get Involved

### Professional Organizations, Honor Societies, and Clubs

**American College of Sports Medicine:** ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

**American Council on Exercise:** ACE is a nonprofit organization committed to enriching quality of life through safe and effective exercise and physical activity. As America's authority on fitness, ACE protects all segments of society against ineffective fitness products, programs, and trends through its ongoing public education, outreach, and research. ACE further protects the public by setting certification and continuing education standards for fitness professionals.

**American Society of Exercise Physiologists:** ASEP is a national nonprofit professional organization committed to the advancement of exercise physiologists. Founded in 1997, the society provides a forum for leadership and exchange of information to stimulate discussion and collaboration among exercise physiologists active in all aspects of the profession. The society works to set standards for exercise physiologists through ASEP-approved curricula in universities and colleges in the United States.

**National Strength and Conditioning Association:** NSCA is an international nonprofit educational association founded in 1978. NSCA develops and presents the most advanced information regarding strength training and conditioning practices, injury prevention, and research findings. Unlike any other organization, the NSCA brings together a diverse group of professionals from the sport science, athletic, allied health, and fitness industries. These individuals are all in pursuit of achieving a common goal: the utilization of proper strength training and conditioning to improve athletic performance and fitness.

### Labs, Centers, Research

**Body Composition Laboratory:** This facility contains the Bod Pod air displacement plethysmography system for body composition analysis. It also has other body composition assessment devices, including a hydrostatic weighing, a RJL Quantum II bioelectrical impedance analyzer, an Omron HBF-500 full-body analyzer, several Omron HBF-306 hand-held BIA machines, several Lange skin fold calipers, a Harpenden skin fold caliper, anthropometers, anthropometric tape measures, and a wall-mounted stadiometer.

**Exercise Physiology Laboratory:** The Exercise Physiology Lab includes a Parvo Medics TrueMax 2400 Metabolic Measurement System with resting metabolic rate and residual volume capabilities, a Quinton Q5000 ECG with treadmill, two Monarch 824 E cycle ergometers with one equipped for the Wingate using SMI software, two other Monarch cycle ergometers, polar heart rate monitors, two Jamar hand grip dynamometers, sphygmomanometers, three commercial treadmills, a recumbent cycle ergometer, an upright cycle ergometer, and a Pacific universal weight machine.

