



MS Exercise, Fitness, & Health Promotion

The Master's of Science (MS) in Exercise, Fitness, and Health Promotion (EFHP) in the Division of Health and Human Performance (HHP), College of Education and Human Development (CEHD) at George Mason University (GMU) is excited to invite applications for our **Wellness Practitioner Concentration**

This Concentration is specially designed for those with no or minimal prior education in Health and Human Performance – but who enjoy fitness and want to themselves lead and teach others how to lead healthy lifestyles

Program Description

You will learn to become a '**Research-Savvy Practitioner**', i.e. one who can apply the latest evidence-based knowledge to promote Health and Human Performance in physically active individuals

Tuition Discounts

- **Tuition Discount for Virginia Educators:** For PreK-12 teachers and other Virginia educators enrolled in CEHD programs
- **Tuition Discount for Out-of-State Students:** For out-of-state students enrolled in CEHD programs

Class Format

- **Completely Online**
- **Full-time or Part-time**

Research Opportunities

Work with **Sports Medicine Assessment, Research, & Testing (SMART) Laboratory** – smartlab.gmu.edu faculty

- Injury Prevention
- Concussions and Mild Traumatic Brain Injury
- Lower Extremity Neuromechanics
- Dance and Performing Arts Medicine
- Youth Sports
- Sports Performance

Careers Options

Wellness Practitioner – Owners/Managers of public or private Fitness, Exercise, and Wellness Facilities

Learn More

Register at rht.gmu.edu/exhp-info for **informational webinar sessions**

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