

PSYCHOSOCIAL STRATEGIES FOR PHYSICAL ACTIVITY PROMOTION, POST- BACCALAUREATE CERTIFICATE

The Post-Baccalaureate Certificate in Psychosocial Strategies for Physical Activity Promotion provides an opportunity for individuals pursuing careers in fitness and health promotion settings (e.g., personal training, cardiac rehab, community wellness programs) to expand their knowledge and skills by exploring social psychological theories of physical activity behavior and applying psychosocial interventions for physical activity promotion.

For information regarding deadlines and requirements for admission, please see <https://grs.uncg.edu/programs/>.

Earned bachelor's degree from an accredited institution.

Certificate Program Requirements

Required: 9 credit hours

Code	Title	Credit Hours
Required Courses (9 credits) *		
KIN 645	Exercise Psychology	3
KIN 649	Principles of Physical Activity Behavior Change	3
KIN 745	Social Psychology and Physical Activity	3
Total Credit Hours		9

* *Students must complete each course with a grade of B- or higher and earn a cumulative GPA of 3.0 or greater to receive the certificate.*