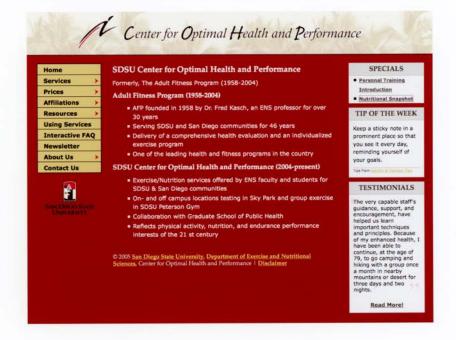
Adult Fitness Program (AFP) changes to Center for Optimal Health and Performance (COHP) in 2004



Source: http://www.cohp.sdsu.edu/



Center for Optimal Health and Performance (COHP)

The Center for Optimal Health and Performance (COHP) is a service unit within the School of Exercise and Nutritional Sciences. The center provides services to community members in the assessment of bone health and occasionally other areas such as physical fitness, diet, and cardiovascular risk. COHP is a co-sponsor with the Aztec Recreation Center to provide supervised exercise programming for adults, focusing especially on the middle and senior years. Target populations include (1) people interested in improving their physical fitness, physical activity, and nutritional behaviors, and; (2) people seeking advice to prevent inactivity related chronic diseases. Committed to the promotion and support of active living and healthy eating, the center serves as an educational medium for undergraduate and graduate students to gain hands-on experience in exercise and nutritional assessments, counseling, and exercise leadership. COHP operates cooperatively with the SDSU Center for Behavioral Epidemiology and Community Health and in collaboration with the Bone Health Unit.

Learn more about the center at http://www.cohp.sdsu.edu.

Source:

http://arweb.sdsu.edu/es/catalog/