




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



Home	SDSU Center for Optimal Health and Performance	SPECIALS
Services >	Formerly, The Adult Fitness Program (1958-2004)	<ul style="list-style-type: none"> Personal Training Introduction Nutritional Snapshot
Prices >	Adult Fitness Program (1958-2004)	TIP OF THE WEEK
Affiliations >	<ul style="list-style-type: none"> AFP founded in 1958 by Dr. Fred Kasch, an ENS professor for over 30 years Serving SDSU and San Diego communities for 46 years Delivery of a comprehensive health evaluation and an individualized exercise program One of the leading health and fitness programs in the country 	Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your goals.
Resources >	SDSU Center for Optimal Health and Performance (2004-present)	<small>Tip from Health & Wellness Dept</small>
Using Services	<ul style="list-style-type: none"> Exercise/Nutrition services offered by ENS faculty and students for SDSU & San Diego communities On- and off campus locations testing in Sky Park and group exercise in SDSU Peterson Gym Collaboration with Graduate School of Public Health Reflects physical activity, nutrition, and endurance performance interests of the 21 st century 	TESTIMONIALS
Interactive FAQ		The very capable staff's guidance, support, and encouragement, have helped us learn important techniques and principles. Because of my enhanced health, I have been able to continue, at the age of 79, to go camping and hiking with a group once a month in nearby mountains or desert for three days and two nights.
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Description of the Center for Optimal Health and Performance (COHP)

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/>