

# Fitness Specialist

**B.S. in Kinesiology degree (124 credit hours)**

**2.0 GPA req. for admission, 2.0 GPA req. for graduation**

**No Pass/Fail except free electives**

Effective for students matriculating August 2003 (revised August 2005)

Department of Kinesiology

The fitness specialist major is offered to prepare students to work in the fitness industry. The core course work is designed to follow the behavioral objectives of the American College of Sports Medicine (ACSM) Health Fitness Instructor (HFI) Certification. Students may sit for various other fitness certifications.

## Major (52 - 53 Credit Hours)

### A. Required Kinesiology Courses:

- \_\_\_ 3 HPER N231 Human Nutrition (P:CHEM C101)
- \_\_\_ 3 HPER P212 Introduction to Exercise Science
- \_\_\_ 2 HPER P280 Principles of AT & Emergency Care
- \_\_\_ 3 HPER P391 Biomechanics
- \_\_\_ 3 HPER P405 Introduction to Sport Psychology
- \_\_\_ 3 HPER P409 Basic Physiology of Exercise (P:A215/P205 & P215)
- \_\_\_ 3 HPER P452 Motor Learning

### B. Select one of the following Human Development courses:

- \_\_\_ 3 HPER C354 Multidisciplinary Perspectives in Gerontology
- \_\_\_ 3 HPER F150 Life Span Development
- \_\_\_ 3 HPER P490 Motor Development & Learning\*

### C. Required Fitness Core Courses (23 – 24 credit hours)

- \_\_\_ 3 HPER P216 Current Concepts in Physical Fitness
- \_\_\_ 3 HPER P217 Methods of Group Exercise Instruction (P: P216)
- \_\_\_ 3 HPER P218 Methods of Personal Fitness Instruct (P: P216)
- \_\_\_ 2-3 HPER P316 Advanced Conditioning (2 cr.) **OR**
- HPER P398 Adapted Physical Education (3 cr.) **OR**
- HPER P488 AT Assmnt & Adapt for Indiv w/Phys Disab (3 cr.)\*
- \_\_\_ 3 HPER P416 Fitness Management
- \_\_\_ 3 HPER P419 Fitness Testing & Interpretation (P: 409)
- \_\_\_ 3 HPER P420 Exercise Leadership & Program Design For
- Apparently Healthy & Special Populations (P: P409, P419)
- \_\_\_ 3 HPER T142 Living Well

### D. Internship (2.3 GPA eligibility requirement)

- \_\_\_ 3 HPER P448 Internship in Exercise Science

### E. Select one of the following Computer Science courses:

- \_\_\_ 3 BUS K201 The Computer in Business
- \_\_\_ 3 CSCI A110 Introduction to Computers & Computing
- \_\_\_ 4 CSCI A201 Introduction to Programming I
- \_\_\_ 4 CSCI C211 Introduction to Computer Science
- \_\_\_ 3 HPER P200 Microcomputer Applications in Phys Ed
- \_\_\_ 3 HPER R237 Computers in Park Recreation Tour Mngt.

## General Education (41 – 46 Credit Hours)

### A. ORAL & WRITTEN COMMUNICATION (12 credit hours)

#### Required:

- \_\_\_ 3 CMCL C121 Public Speaking (not CMCL C122)
- \_\_\_ 3 ENG W131 Elementary Composition (C- minimum) **OR**
- ENG W170 Intro to Argumentative Writing (C- minimum)

### Select 6 credit hours from:

- \_\_\_ 3 BUS X204 Business Communications
- \_\_\_ 3 CMCL C122 Interpersonal Communication
- \_\_\_ 3 CMCL C223 Business and Professional Communication
- \_\_\_ 3 ENG W103 Introduction to Creative Writing
- \_\_\_ 1 ENG W119 Critical Review Writing
- \_\_\_ 3 ENG W143 Interdisciplinary Writing
- \_\_\_ 3 ENG W203 Creative Writing (P: W103)
- \_\_\_ 3 ENG W231 Professional Writing Skills
- \_\_\_ 3 ENG W240 Community Service Writing\*
- \_\_\_ 3 ENG W270 Argumentative Writing
- \_\_\_ 3 ENG W350 Advanced Expository Writing
- \_\_\_ 3 TEL T211 Writing for Electronic Media

### B. LIFE AND PHYSICAL SCIENCES (20-24 credit hours)

- \_\_\_ 3-5 HPER P205 Structural Kinesiology (3 cr.) (recomm) **OR**
- ANAT A215 Basic Human Anatomy (5 cr.)
- \_\_\_ 5 PHSL P215 Basic Human Physiology
- \_\_\_ 4-5 PHYS P101 Physics in the Modern World 1 (4 cr.)\*\* **OR**
- PHYS P201 General Physics 1 (5 cr.)

### Select one (1) course from the following:

- \_\_\_ 3 MATH M118 Finite Math **OR** A118 **OR** both D116-D117 **OR**
- MATH M119 Brief Survey of Calculus I

### Select one (1) lecture/lab combination from the following:

- \_\_\_ 5 CHEM C101 Elem Chem I *and* CHEM C121 Elem Chem Lab I
- OR**
- 5 CHEM C117 Principles of Chemistry and Biochemistry I

### C. SOCIAL & BEHAVIORAL SCIENCES (9 - 10 credit hours)

- \_\_\_ 3 PSY K300 Stats **OR** SPEA K300 (req for PSY minor) **OR**
- HPER H391 Intro to Health Info and Statistics **OR**
- HPER R390 Statistical Applications Leisure Studies
- \_\_\_ 3-4 PSY P101 Introductory Psychology I **OR** PSY P151
- \_\_\_ 3 SOC S100 Intro Soc **OR** SOC S101 Soc Problems & Policies

### FITNESS ELECTIVE CONCENTRATION (18 credit hours)

Choose 18 credits from courses listed on the reverse side. These courses enhance professional development in the health and fitness industry. When choosing electives, please consult with your advisor about:

- Your professional goals
- Possible completion of a minor

\* Generally fall only

\*\* Generally spring only

**Select 18 credit hours from the following category(ies):**

**A. HPER Electives (also PHSL P431)**

- \_\_\_ 3 HPER C416 Introduction to Health Counseling
- \_\_\_ 3 HPER H160 First Aid and Emergency Care
- \_\_\_ 3 HPER H180 Stress Prevention and Management
- \_\_\_ 3 HPER H305 Women's Health
- \_\_\_ 3 HPER H306 Men's Health
- \_\_\_ 3 HPER H315 Consumer Health
- \_\_\_ 1 HPER H404 EMT Lab (Coreq with H401)
- \_\_\_ 3 HPER H318 Drug Use in American Society
- \_\_\_ 3 HPER H320 The Nature of Cancer
- \_\_\_ 3 HPER H333 Prevention of Cardiovascular Disease
- \_\_\_ 3 HPER H350 Complementary & Alternative Appr to Health\*
- \_\_\_ 3 HPER H401 Emer Medic Tech Ambulance I (P: HPER H160)
- \_\_\_ 2 HPER P238 Methods of Water Fitness Instruction
- \_\_\_ 1 HPER P301 Job Strategies for Kinesiology Students
- \_\_\_ 2 HPER P316 Theories of Advanced Conditioning
- \_\_\_ 2 HPER P317 Strength Training
- \_\_\_ 4 PHSL P431 Human Physiology

**B. Computer/Web Development**

- \_\_\_ 1.5 CSCI A112 Programming Concepts
- \_\_\_ 1.5 CSCI A113 Data Analysis Using Spreadsheets
- \_\_\_ 1.5 CSCI A114 Introduction to Databases
- \_\_\_ 1.5 CSCI A115 Using the World Wide Web
- \_\_\_ 1.5 CSCI A116 Multimedia Communication

**C. Dietetics/Nutrition Science (minor 15 credit hours)**

**(Note: HPER N231 is a required part of the minor.**

**It is included under the required exercise science core)**

- \_\_\_ 3 HPER N120 Introduction to Foods\*
- \_\_\_ 3 HPER N317 Life Cycle Nutrition\*\*~
- \_\_\_ 3 HPER N317 Community Nutrition\*~
- \_\_\_ 3 HPER N317 Diet, Disease, and Fitness\*\*~

~Special section for minors

**D. Fitness Administration/Management**

- \_\_\_ 3 BUS A200 Foundations of Accounting
- \_\_\_ 3 BUS F300 Introduction to Financial Management
- \_\_\_ 3 BUS J306 Strategic Management and Leadership
- \_\_\_ 3 BUS M300 Introduction to Marketing (P:A200)
- \_\_\_ 3 BUS P300 Introduction to Operations Management
- \_\_\_ 3 BUS Z302 Managing Behavior in Organiztns (P:Jr. Standing)
- \_\_\_ 3 SPEA H320 Health Systems Administration
- \_\_\_ 3 SPEA H352 Health Finance and Budgeting
- \_\_\_ 3 SPEA H401 Strategic Planning in Health Org.
- \_\_\_ 3 SPEA H402 Hospital Administration
- \_\_\_ 3 SPEA H456 Managed Care
- \_\_\_ 3 SPEA V361 Financial Management

See your advisor concerning requirements for a business or SPEA minor. Some courses have prerequisites.

**E. HPER Activity and Martial Arts Courses**

Limit 3 credit hours

- \_\_\_ 1 HPER E102 Aerobic Dance
- \_\_\_ 1 HPER E133 Fitness and Jogging
- \_\_\_ 1 HPER E156 Introduction to Jazz Dance Techniques
- \_\_\_ 1 HPER E187 Weight Training
- \_\_\_ 1 HPER E190 Yoga I
- \_\_\_ 2 HPER E219 Weight Control and Exercise
- \_\_\_ 2 HPER E220 Training Theories Endurance Events
- \_\_\_ 1 HPER E477 Water Safety Instructor

ANY martial arts or dance classes may be included.

**F. Psychology (minor 15 credit hours)**

The minor requires PSY P101, P102 and two 300-level courses.

The required statistics course for the minor must be K300 taken from PSY or SPEA. (see Social Sciences on front side of sheet).

- \_\_\_ 3 PSY P102 Introductory Psychology II (or P152)
- \_\_\_ 3 PSY P303 Health Psychology \*
- \_\_\_ 3 PSY P315 Developmental Psychology
- \_\_\_ 3 PSY P319 The Psychology of Personality
- \_\_\_ 3 PSY P323 Industrial/Organizational Psychology
- \_\_\_ 3 PSY P324 Abnormal Psychology
- \_\_\_ 3 PSY P325 Psychology of Learning
- \_\_\_ 3 PSY P326 Behavioral Neuroscience
- \_\_\_ 3 PSY P327 Psychology of Motivation
- \_\_\_ 3 PSY P329 Sensation and Perception
- \_\_\_ 3 PSY P330 Perception/Action
- \_\_\_ 3 PSY P335 Cognitive Psychology
- \_\_\_ 3 PSY P350 Human Factors / Ergonomics \*\*

**G. Public Health Education (minor 16 credit hours)**

**Required for minor:**

- \_\_\_ 3 HPER C366 Health Problems in the Community
- \_\_\_ 3 HPER C403 Techniques of Public Health Education
- \_\_\_ 1 HPER H205 Introduction to Public and School Education\*\*

**Choose one:**

- \_\_\_ 3 HPER H311 Human Diseases and Epidemiology **OR**
- \_\_\_ HPER H263 Personal Health

**Choose 6 credit hours:**

From the list of public health minor electives in the School of HPER Bulletin.

**H. Special Populations**

- \_\_\_ 3 EDUC K205 Introduction to Exceptional Children
- \_\_\_ 3 HPER C354 Multidisciplinary Perspectives in Gerontology
- \_\_\_ 3 HPER H172 International Health and Social Issues
- \_\_\_ 3 HPER H310 Health Care Minority Communities
- \_\_\_ 3 HPER R362 Therapeutic Communications
- \_\_\_ 3 HPER R365 Leisure and Aging
- \_\_\_ 3 HPER R366 Therapeutic Interventions with the Elderly

**I. Sport Promotions and Legal Issues**

- \_\_\_ 3 HPER P211 Introduction to Sport Management
- \_\_\_ 3 HPER P411 Legal Issues in Sport Settings **OR**
- \_\_\_ HPER R441 Legal Aspects of Recreation **OR**
- \_\_\_ SPEA H441 Legal Aspects of Health Care Admin.
- \_\_\_ 3 HPER P415 Sport Promotions and Public Relations\*\*
- \_\_\_ 3 HPER R326 Customer Service and Media Relations

**CPR – Students must present evidence of current certification.**

**Free Electives (8 – 14 CREDIT HOURS)**

**(PASS/FAIL OPTION PERMITTED IN FREE ELECTIVES ONLY)**

**TOTAL REQUIRED CREDIT HOURS FOR FITNESS SPECIALIST:**

KINESIOLOGY / FITNESS	52-53 credits
GENERAL EDUCATION	41-46 credits
FITNESS ELECTIVE CONCENTRATION min	18 credits
FREE ELECTIVES	7-13 credits
TOTAL FOR GRADUATION =	124 credits

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