

This specialization is designed for students interested in becoming health/fitness practitioners. Possible careers with this specialization involve working at: **corporate fitness, commercial fitness, community fitness and wellness centers, and clinical and hospital-based fitness and wellness centers.** This specialization will also enable students to enter graduate programs in exercise science or fitness management upon graduation. Total credits needed for graduation: 120

General Education Requirements (40 credits):

	Course	Course
English Communications	(6 cr) WRT 104,105, or 106 _____	COM 100 _____
Natural Sciences	(7 cr) CHM 103 _____	BIO 101 _____
Social Sciences	(6 cr) PSY 113 _____	_____
Fine Arts/Literature	(6 cr) _____	_____
Foreign Lang./Cultural Competence*	(6 cr) _____	_____
Letters	(6 cr) _____	_____
Mathematics	(3 cr) MTH _____	_____

* Study Abroad for a semester are able to waive their Foreign Language/Cultural Competence Gen. Ed. Requirement.

* For Foreign Language/Cultural Competence requirement, students can not combine one Foreign Language class with one Cultural Competence class. Both classes must focus on one Foreign Language or be chosen from the specific list of classes which meet the Cultural Competence requirement (see Course Catalog for list of eligible classes).

Core KIN Curriculum Requirements (17credits):

BIO 121 (4 cr) Human Anatomy (required: grade of C or better)	_____
BIO 242 (3 cr) Human Physiology	_____ (Pre: BIO 121)
URI 101 (1 cr)	_____
KIN 278 (3 cr) Physical Activity, Cultural Diversity, and Society	_____
KIN 334 (3 cr) Physiology of Exercise	_____ (Pre: BIO 121 or BIO 242; jr standing)
KIN 370 (3 cr) Kinesiology	_____ (Pre: BIO 121, BIO 242)

Specialization Requirements (42 credits):

KIN 120 (1 cr) Weight Training Techniques	_____
KIN 105L (1 cr) Teaching Aerobics	_____
KIN 275 (3 cr) Introduction to Exercise Science	_____
KIN 325 (3 cr) Exercise Testing and Prescription	_____ (Pre: KIN 275)
KIN 335 (1 cr) Physiology of Exercise Laboratory	_____
KIN 369 (3 cr) Test and Measurements	_____
KIN 382 (3 cr) Psycho-Social Aspects of PE & Sport	_____
KIN 420 (3 cr) Fitness Programs for Individuals w/Chronic Disease	_____ (Pre: KIN 325, 334)
KIN 425 (3 cr) Fitness/Wellness Program Development	_____ (Pre: KIN 275)
KIN 308 (3 cr) Community and School Health Instruction	_____
Or	
PSY 479 (3 cr) Health Promotion	_____
Or	
PSY 255 (3 cr) Health Psychology	_____
NFS 207 (3 cr) General Nutrition	_____
KIN 484 (12 cr) Supervised Field Experience	_____ (Pre: Concurrent enrollment in 486)
KIN 486 (3 cr) Field Experience Seminar	_____

KIN 484 & 486 constitute one semester of classes (15 credits). Students must complete all course work before being approved for the Supervised Field Experience. Additional classes can not be taken during the same semester when one is performing their Field Experience. To complete KIN 484, students must be currently certified in CPR by the American Heart Association or the American Red Cross. Proof of certification must be submitted prior to the internship.

Specialization Electives (select 12 credits):**Prerequisites**

BCH 311	(3 cr) Introductory Biochemistry	_____ (CHM 124 or equivalent)
BSL 333	(3 cr) Legal/Ethical Environment of Business I	_____ (Jr. Standing, permission of Dean)
BUS 140	(3 cr) Introduction to Business	_____
BUS 201	(3 cr) Financial Accounting	_____
BUS 202	(3 cr) Managerial Accounting	_____ (BUS 201 or permission)
BUS 340	(3 cr) Organization & Management Theory I	_____ (Jr Standing)
BUS 441	(3 cr) Leadership and Motivation	_____ (BUS 341 or permission of instructor)
CHM 124	(3 cr) Introduction to Organic Chemistry	_____ (CHM 103)
COM 202	(3 cr) Public Speaking	_____
COM 221	(3 cr) Interpersonal Communication	_____
COM 324	(3 cr) Nonverbal Communication	_____ (COM 202, 221)
COM 351	(3 cr) Oral Comm. for Business Professions	_____
HDF 201	(3 cr) Lifespan Development II	_____
HDF 314	(3 cr) Introduction to Gerontology	_____
HDF 357	(3 cr) Family and Community Health	_____
HDF 450	(3 cr) Introduction to Counseling	_____ (permission of instructor)
KIN 123	(3 cr) Foundations of Health	_____
KIN 243	(3 cr) Prevention and Care of Athletic Injuries	_____
KIN 391	(3 cr) Directed Study	_____
KIN 414	(3 cr) Fundamentals of Strength and Conditioning	_____
KIN 475	(3 cr) Gender Issues in Sport	_____ (KIN 278 or SOC 11 or JOR 110)
KIN 478	(3 cr) Sport, Cultural Politics, and Media	_____ (KIN 278 or SOC 11 or JOR 110)
NFS 360	(3 cr) Nutrition in Exercise and Sport	_____
NFS 441	(3 cr) Advanced Human Nutrition	_____ (NFS 207, BIO 242, BCH 311, or permission of instructor)
NFS 444	(3 cr) Nutrition and Disease	_____ (NFS 441, 443, or permission of instructor)
PHY 111	(3 cr) General Physics I	_____
PHY 185	(1 cr) Laboratory for General Physics I	_____
PHY 112	(3 cr) General Physics II	_____
PHY 186	(1 cr) Laboratory for Physics II	_____
PSY 103	(3 cr) Towards Self-Understanding	_____
SOC 224	(3 cr) Health, Illness and Medical Care	_____
WRT 227	(3 cr) Business Communications	_____ (permission of instructor)
WRT 235	(3 cr) Writing in electronic Environments	_____

Free Electives (9 credits):

With their Free Electives, students are encouraged to take any classes that pique their interests beyond those required for their major. Students might also consider taking liberal arts oriented classes that facilitate their development of a broader base of knowledge that extends beyond their specialization. Or, students might choose to use these Free Electives to further enhance their education in becoming a health/fitness practitioner. Finally, students may also consider using these credits to earn a Minor in another field.

Other Key Issues Students Need to Know related to Advising and Graduation:

- To transfer from University College to Kinesiology, students must earn at least 24 credits, hold a GPA of at least 2.0, pass BIO 101, and earn at least a C in BIO 121. (So BIO 101 & BIO 121 should be taken within a student's first 3 semesters).
- Health/Fitness students are required to hold a GPA of at least 2.5 to be eligible to perform their Field Experience (PEX 484 & 486).
- Deadlines for submitting "Intent to Graduate Form" with Dean's Office to make students eligible for graduation: October 15th for May graduation, March 15th for August graduation, April 15th for December graduation.

Advisor Signature: _____

An advisor signed copy of this completed form to be submitted to the Dean's Office with the Intent to Graduate Form.

Submission deadlines: October 15th for May graduation; March 15th for August graduation; April 15th for December graduation

Kinesiology Course Sequence for Health Fitness Example – Students Entering in 2009 and 2010

FALL YEAR 1 (14 cr)

CHM 103 (3) Chemistry _____
 COM 100 (3) Commun. _____
 BIO 101 (4) Animal Bio _____
 URI 101(1) _____
 GEN ED (3) Socia lScience _____

FALL YEAR 2 (14cr)

KIN 120 (1) Wt. Training _____
 KIN 105L (1) Aerobics _____
 BIO 242 (3) Physiology _____
 NFS 207 (3) Nutrition _____
 SPEC ELECTIVE (3) _____
 GEN ED (3) Culture/Lang. _____

FALL YEAR 3 (15 cr)

KIN 382 (3) Sport Pscyh _____
 SPEC ELECTIVE (3) _____
 KIN 369 (3) Tests Measures _____
 FREE ELECTIVE (3) _____
 SPEC ELECTIVE (3) _____

FALL YEAR 4 (15 cr)

KIN 425 (3) Fit Manage (F) _____
 KIN 420 (3) Chronic Disease _____
 KIN 370 (3) Kinesiology _____
 GEN ED (3) Letters _____
 FREE ELECTIVE (3) _____

SPRING YEAR 1 (16 cr)

BIO 121 (4) Anatomy _____
 GEN ED (3) Fine Arts _____
 PSY 113 (3) Psychology _____
 GEN ED (3) Letters _____
 GEN ED (3) Math _____

SPRING YEAR 2 (15 cr)

KIN 275 (3) Intro Ex Sci _____
 KIN 278 (3) Culture/Society _____
 GEN ED (3) Writing _____
 GEN ED (3) Culture/Lang _____
 SPEC ELECTIVE (3) _____

SPRING YEAR 3 (16 cr)

KIN 325 (3) Fit Appraisal _____
 KIN 334 (3) Ex Phys _____
 KIN 335(1) Ex Phys Lab _____
 PYS 255 (3) Hlt Psych _____
 GEN ED (3) Fine Arts _____
 FREE ELECTIVE (3) _____

SPRING YEAR 4 (15 cr)

KIN 484 (12) Internship _____
 KIN 486 (3) Seminar _____

Courses denoted (S) are offered during the spring semester only

Courses denoted (F) are offered during the fall semester only