

Fitness Specialist

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

Department of Kinesiology

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

No Pass/Fail except free electives

Effective for students matriculating August 2006

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 Credit Hours)

A. Required Kinesiology Courses (20 credit hours)

- ___ 3 HPER-N 231 Human Nutrition (*P:CHEM-C 101*)
- ___ 3 HPER-P 212 Introduction to Exercise Science
- ___ 2 HPER-P 280 Principles of AT & Emergency Care
- ___ 3 HPER-P 391 Biomechanics
- ___ 3 HPER-P 405 Introduction to Sport Psychology
- ___ 3 HPER-P 409 Basic Physiology of Exercise (*P:A 215/P 205 & P 215*)
- ___ 3 HPER-P 452 Motor Learning

B. Select one of the following Human Development courses:

- ___ 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
- ___ 3 HPER-F 150 Life Span Development
- ___ 3 HPER-P 490 Motor Development & Learning*

C. Required Fitness Core Courses (23 credit hours)

- ___ 1 HPER-P 105 Foundations of Wellness
- ___ 3 HPER-P 216 Current Concepts in Physical Fitness
- ___ 3 HPER-P 217 Methods of Group Exercise Instruct (P: P 216)
- ___ 3 HPER-P 218 Methods of Personal Fitness Instruct (P: P 216)
- ___ 2 HPER-P 316 Advanced Conditioning **OR**
- HPER-P 317 Theory and Practice of Resistance Training
- ___ 2 HPER-P 319 Fitness Specialist Practicum
- ___ 3 HPER-P 416 Fitness Management
- ___ 3 HPER-P 419 Fitness Testing & Interpretation (*P: 409*)
- ___ 3 HPER-P 420 Exercise Leadership & Program Design For Apparently Healthy & Special Populations (*P: P409, P419*)

D. Internship (2.3 GPA eligibility requirement)

- ___ 3 HPER-P 448 Internship in Exercise Science

E. Select one of the following Computer Science courses:

- ___ 3 BUS-K 201 The Computer in Business
- ___ 3 CSCI-A 110 Introduction to Computers & Computing
- ___ 4 CSCI-A 201 Introduction to Programming I
- ___ 4 CSCI-C 211 Introduction to Computer Science
- ___ 3 HPER-P 200 Microcomputer Applications in Phys Ed
- ___ 3 HPER-R 237 Computers in Park Recreation Tour Mngt.

General Education (41 – 46 Credit Hours)

A. ORAL & WRITTEN COMMUNICATION (12 credit hours)

Required:

- ___ 3 CMCL-C 121 Public Speaking (not CMCL-C 122)
- ___ 3 ENG-W 131 Elementary Composition (C- minimum) **OR**
- ENG-W 170 Intro to Argumentative Writing (C- minimum)

Select 6 credit hours from:

- ___ 3 BUS-X 204 Business Communications
- ___ 3 CMCL-C122 Interpersonal Communication
- ___ 3 CMCL-C223 Business and Professional Communication
- ___ 3 ENG-W 103 Introduction to Creative Writing
- ___ 1 ENG-W 119 Critical Review Writing
- ___ 3 ENG-W 143 Interdisciplinary Writing
- ___ 3 ENG-W 203 Creative Writing (*P: W103*)
- ___ 3 ENG-W 231 Professional Writing Skills
- ___ 3 ENG-W 240 Community Service Writing*
- ___ 3 ENG-W 270 Argumentative Writing
- ___ 3 ENG-W 350 Advanced Expository Writing
- ___ 3 TEL -T 211 Writing for Electronic Media

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

- ___ 3-5 HPER-P 205 Structural Kinesiology (3 cr.) (recomm) **OR**
- ANAT-A 215 Basic Human Anatomy (5 cr.)
- ___ 5 PHSL-P 215 Basic Human Physiology
- ___ 4-5 PHYS-P 101 Physics in the Modern World 1 (4 cr.)** **OR**
- PHYS-P 201 General Physics 1 (5 cr.)

Select one (1) course from the following:

- ___ 3 MATH-M 118 Finite Math **ORA** 118 **OR** both D 116-D 117 **OR**
- MATH-M 119 Brief Survey of Calculus I

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

- ___ 5 CHEM-C 101 Elem Chem I *and* CHEM-C 121 Elem Chem Lab **OR**
- 5 CHEM-C 117 Principles of Chemistry and Biochemistry I

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

- ___ 3 PSY-K 300 Stats **ORSPEA-K 300** (req for PSY minor) **OR**
- HPER-H 391 Intro to Health Info and Statistics **OR**
- HPER-R 390 Statistical Applications Leisure Studies
- ___ 3-4 PSY-P 101 Introductory Psychology I **OR** PSY-P 151
- ___ 3 SOC-S 100 Intro Soc **ORSOC-S 101** Soc Probl & 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-E lectives

- ___ 3 HPER-C 416 Introduction to Health Counseling
- ___ 3 HPER-H 160 First Aid and Emergency Care
- ___ 3 HPER-H 180 Stress Prevention and Management
- ___ 3 HPER-H 234 Prevention of Cardiovascular Disease
- ___ 3 HPER-H 305 Women's Health
- ___ 3 HPER-H 306 Men's Health
- ___ 3 HPER-H 315 Consumer Health
- ___ 3 HPER-H 318 Drug Use in American Society
- ___ 3 HPER-H 320 The Nature of Cancer
- ___ 3 HPER-H 350 Complementary & Altern. Approaches to Health*
- ___ 3 HPER-H 401 Emer Medic Tech Ambulan I (P: HPER-H 160)
- ___ 1 HPER-H 404 Emergency Medical Technician Lab
- ___ 2 HPER-P 238 Methods of Water Fitness Instruction
- ___ 1 HPER-P 301 Job Strategies for Kinesiology Students
- ___ 2 HPER-P 316 Theories of Advanced Conditioning **OR**
- ___ HPER-P 317 Strength Training (if not used in core)
- ___ 3 HPER-P 488 Adaptation for Indiv. with Physical Disabilities

B. Computer/Web Development

- ___ 1.5 CSCI-A 112 Programming Concepts
- ___ 1.5 CSCI-A 113 Data Analysis Using Spreadsheets
- ___ 1.5 CSCI-A 114 Introduction to Databases
- ___ 1.5 CSCI-A 115 Using the World Wide Web
- ___ 1.5 CSCI-A 116 Multimedia Communication

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

*Note: HPER-N 231 is a required part of the minor.
It is included under the required exercise science core.*

- ___ 3 HPER-N 120 Introduction to Foods*
- ___ 3 HPER-N 317 Life Cycle Nutrition**~
- ___ 3 HPER-N 317 Community Nutrition*~
- ___ 3 HPER-N 317 Diet, Disease, and Fitness**~

~Special section for minors

D. Fitness Administration/Management

- ___ 3 BUS- A 200 Foundations of Accounting
- ___ 3 BUS- F 300 Introduction to Financial Management
- ___ 3 BUS- J 306 Strategic Management and Leadership
- ___ 3 BUS- M 300 Introduction to Marketing (P:A200)
- ___ 3 BUS- P 300 Introduction to Operations Management
- ___ 3 BUS- Z 302 Managing Behavr in Organiztns (P:Jr. Standing)
- ___ 3 SPEA- H 320 Health Systems Administration
- ___ 3 SPEA-H 352 Health Finance and Budgeting
- ___ 3 SPEA-H 401 Strategic Planning in Health Org.
- ___ 3 SPEA-H 402 Hospital Administration
- ___ 3 SPEA-H 456 Managed Care
- ___ 3 SPEA- V 361 Financial Management

See your advisor concerning req. for a business or SPEA minor.

E. HPER-A ctivity and Martial Arts Courses

Limit 3 credit hours

- ___ 1 HPER-E 102 Aerobic Dance
- ___ 1 HPER-E 133 Fitness and Jogging
- ___ 1 HPER-E 156 Introduction to Jazz Dance Techniques
- ___ 1 HPER-E 187 Weight Training
- ___ 1 HPER-E 190 Yoga I
- ___ 2 HPER-E 219 Weight Control and Exercise
- ___ 2 HPER-E 220 Training Theories Endurance Events
- ___ 1 HPER-E 477 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-P 102 Introductory Psychology II (or P152)
- ___ 3 PSY-P 303 Health Psychology *
- ___ 3 PSY-P 315 Developmental Psychology
- ___ 3 PSY-P 319 The Psychology of Personality
- ___ 3 PSY-P 323 Industrial/Organizational Psychology
- ___ 3 PSY-P 324 Abnormal Psychology
- ___ 3 PSY-P 325 Psychology of Learning
- ___ 3 PSY-P 326 Behavioral Neuroscience
- ___ 3 PSY-P 327 Psychology of Motivation
- ___ 3 PSY-P 329 Sensation and Perception
- ___ 3 PSY-P 330 Perception/Action
- ___ 3 PSY-P 335 Cognitive Psychology
- ___ 3 PSY-P 350 Human Factors / Ergonomics **

G. Public Health Education (minor 16 credit hours)

Required for minor:

- ___ 3 HPER-C 366 Health Problems in the Community
- ___ 3 HPER-C 403 Public Health Program Planning Education
- ___ 3 HPER-H 311 Human Diseases and Epidemiology

Choose 6 credit hours:

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

H. Special Populations

- ___ 3 EDUC-K 205 Introduction to Exceptional Children
- ___ 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
- ___ 3 HPER-H 172 International Health and Social Issues
- ___ 3 HPER-H 310 Health Care Minority Communities
- ___ 3 HPER-R 362 Therapeutic Communications
- ___ 3 HPER-R 365 Leisure and Aging
- ___ 3 HPER-R 366 Therapeutic Interventions with the Elderly

I. Sport Promotions and Legal Issues

- ___ 3 HPER-P 211 Introduction to Sport Management
- ___ 3 HPER-P 411 Legal Issues in Sport Settings **OR**
- ___ HPER-R 441 Legal Aspects of Recreation **OR**
- ___ SPEA-H 441 Legal Aspects of Health Care Admin.
- ___ 3 HPER-P 415 Sport Promotions and Public Relations**
- ___ 3 HPER-R 326 Customer Service and Media Relations

CPR – Students must present evidence of current certification.

Free Electives (8 – 13 CREDIT HOURS)

PASS/FAIL OPTION PERMITTED IN FREE ELECTIVES ONLY

TOTAL REQUIRED CREDIT HOURS FOR FITNESS SPECIALIST:	
KINESIOLOGY / FITNESS	52 credits
GENERAL EDUCATION	41-46 credits
FITNESS ELECTIVE CONCENTRATION min	18 credits
FREE ELECTIVES	8-13 credits
TOTAL FOR GRADUATION =	124 credits

* Generally fall only

** Generally spring only

Visit the Kinesiology website at <http://www.indiana.edu/%7EKines/>

SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION
DEPARTMENT OF KINESIOLOGY—FITNESS SPECIALIST

The suggested plan below shows how you might sequence courses to allow for completion of the degree in a four-year period. There is usually some flexibility within this plan as long as *free* elective course credit hours are not exceeded. *Free electives must be limited to 8-13 credit hours.* Planning for correct sequencing of course work is extremely important in this major. Students should meet with an advisor at least once each semester to plan their curriculum. Use this plan in conjunction with the HPER Fitness Specialist TAB sheet. Students may be able to complete one or two minors if combined with course work under ‘fitness electives.’

Advising Plan

<p>~Freshman year</p> <p>30 credit hours (or complete a total of 30 credit hours by the beginning of the third semester).</p>	<p>Complete courses listed in the right column.</p> <p>@ See TAB sheet; students who qualify may choose to take <i>one</i> semester of science majors-level chemistry (CHEM C117) or one semester at the <i>general</i> chemistry level (C101-C121).</p> <p>* A minimum grade of C- is required ~ Fall only ^ Spring only</p>	<p>Suggested sequencing:</p> <p>HPER P212 MATH M118 <i>or</i> M119 ENG W131 <i>or</i> W170* CMCL C121 CHEM C101-C121 Fitness Elective @ Fitness Elective (1-2 cr.) HPER P280 HPER P105 (1 cr.) HPER P216 Free elective (1 cr.)</p>
<p>~Sophomore year</p> <p>32 credit hours (or complete a total of 62 credit hours by the beginning of the fifth semester).</p> <p>After completing 26 or more credit hours with a 2.0 cumulative grade point average, students will automatically certify from the University Division to the School of HPER—Department of Kinesiology.</p>	<p>Complete courses listed in the right column.</p> <p># See TAB sheet. The fitness specialist major is generally not advisable for preprofessional students who need to take ANAT A215 rather than HPER P205, in addition to other science course work not required in this major. Preprofessional requirements generally fit better with the exercise science major because of increased science requirements.</p> <p>@ See TAB sheet or bulletin for options. ~ Fall only ^ Spring only</p>	<p>Suggested sequencing:</p> <p>HPER P205# PHSL P215 HPER N231 PSY P101 SOC S100 <i>or</i> S101 HPER P200 (or HPER P217 equivalent)@ Fitness Elective @ Fitness Elective @ HPER P218</p>
<p>~Junior year</p> <p>31 credit hours (or complete a total of 93 credit hours by the beginning of the seventh semester).</p> <p>All students must provide evidence of current CPR certification prior to graduation.</p>	<p>Complete courses listed in the right column.</p> <p>@ See TAB sheet or bulletin for options.</p> <p>~ Fall only ^ Spring only</p>	<p>Suggested sequencing:</p> <p>Fitness Area ‘B’ @ PHYS P101^ <i>or</i> P201 Statistics Option @ HPER P409 HPER P316 <i>or</i> P317 Written Comm @ HPER P405 HPER P416 Written Communication Free Elective (1-2 cr.) HPER P319 (2 cr.)</p>
<p>~Senior year</p> <p>31 credit hours (or complete a minimum of 124 credit hours).</p> <p>Students should plan to take several fitness certification exams: the American College of Sport Medicine—Health Fitness Instructor and/or Exercise Specialist, ACE Group Exercise, ACE Personal Trainer, etc.</p>	<p>Complete courses listed in the right column.</p> <p>@ See TAB sheet or bulletin for options.</p> <p># The internship may be completed in summer. Students must meet a specified CGPA and have approval from the program director.</p> <p>~ Fall only ^ Spring only</p>	<p>Suggested sequencing:</p> <p>HPER P391 Fitness Elective @ HPER P419 ~ Free Electives (3-6 cr.) Fitness Elective @ HPER P452 Fitness Elective @ HPER P420 ^ HPER P448 # Free Elective (1 cr.) ~to total 124</p>