

Exercise/Fitness Management (B.S.) - major code 3120			
(2015-2016) 81 total hours	Semesters offered		
Required core.....24 hours	FALL	SPRING	*SUMMER
+HLTH 1112 Healthy Life Skills	X	X	X
HLTH 2212 First Aid with Cardiopulmonary Resuscitation	X	X	X
HLTH 4103 Human Development	X	X	X
+KINS 2643 Introduction to Kinesiology Studies	X	X	X
*+KINS 3403 Principles in Leadership Development (Prereq.: KINS 2643)	X	X	X
KINS 3623 Program Design and Management (Prereq.: KINS 2643)	X	X	
+KINS 3713 Research and Evaluation (Prereq.: KINS 2643 or HLTH 2203)	X	X	
KINS 4252 Legal Aspects Leisure/Fitness Programs	X	X	
KINS 4433 Management Principles in KINS (Prereq.: KINS 3623)	X	X	
Required Theory (Additional Recreation Courses).....47 hours			
#HLTH 3413 Nutrition for Sport and Fitness (Jr or Sr. standing)	X	X	
+HLTH 3223 Applied Anatomy	X	X	X
HLTH 3493 Physical Treatment of Athletic Injuries	X	X	
KINS 2713 Physical Activity & Health (Prereq: KINS 2643)		X	
#KINS 3112 Group Exercise Techniques (Prereq: HLTH 3223)	X	X	X (May)
#KINS 4203 Physical Activity & Aging (Prereq: PHED 3333 & PHED 3503) (Recommended: KINS 4513 & KINS 4523)	X	X	
#KINS 4263 Performance Training Concepts (Prereq: PHED 3503)	X	X	X
#KINS 4323 Exercise Programs for Special Populations (Prereq: PHED 3503 and KINS 4513 or concurrent enrollment)	X	X	
#KINS 4413 Applied Exercise Physiology (Prereq: PHED 3503, HLTH 3413, HLTH 1112, CHEM 1014 and 1014L)	X	X	
#KINS 4513 Fitness Assessment (Prereq: PHED 3503)	X	X	X
***KINS 4523 Exercise Prescription (Prereq: KINS 4513)	X	X	
**KINS 4900 Practicum in Kinesiology and Health Studies (1 hour)	X	X	X
**+KINS 4900 Practicum in Kinesiology and Health Studies (1 hour)	X	X	
#KINS 4950 Internship in Kinesiology and Health Studies (4 hours) (Prereq: KINS 3403, KINS 3623, KINS 4263, KINS 4323, KINS 4413, KINS 4433, KINS 4513, KINS 4523, KINS 4900)	X	X	X
+PHED 3333 Mechanical Principles and Analysis of Movement (Prereq.: 3223)	X	X	X
+PHED 3503 Physiology of Exercise (Prereq.: HLTH 3223)	X	X	X
REC 3513 Facility Management (Prereq: KINS 2643)	X	X	
Required Theory (Supporting Fields).....4 hours			
+CHEM 1014 Introduction Chemistry and Lab	X	X	X
+CHEM 1014L Introduction Chemistry Lab	X	X	X
SYMBOLS: " + " must be completed to 'apply' for admittance into the Exercise & Fitness Management major with a 2.50 average			
SYMBOLS: "#" requires admission to Exercise & Fitness Management major			
Major Electives-Selected from the following courses....6 hours			
No more than 2 hours activity			
HLTH 3263 Consumer Health and Mass Media	X	X	
HLTH 3403 Leadership and Ethics in Health Education	X	X	
HLTH 3452 Group Dynamics	X	X	

HLTH 4523 Health and Aging	X	X	
KINS 3632 Grant Writing and Fundraising	X		
KINS 4910 Seminar in Kinesiology and Health Studies (1-4 hours)			
PHED 1402 Fitness Development & Assessment (must be Dept. major)	X		
PHED 4442 Motor Learning (Prereq: PHED 3333 & HLTH 3223)	X	X	
REC 2433 Outdoor Pursuits (Kinesiology major)	X		
REC 4363 Therapeutic Recreation (Junior or Senior standing)	X		
Electives to bring total to		124 hours	

* Summer class offerings are dependent upon funding and faculty availability.

“ADMISSION TO THE MAJOR:

The student must apply for the Exercise & Fitness Management program by submitting the application and transcript to the Kinesiology & Health Studies Office on or before the last Friday of January for fall admission and the second Friday of September for spring admission. Students will be notified eight to ten weeks after the filing date as to the disposition of the application.”