Fitness Development Program
in
The Kinesiology Department
2019 – 2020

The Kinesiology Department

The Kinesiology Department includes five majors: athletic training, exercise science, coaching, sport studies, and fitness development. The Fitness Development program leads to a Bachelor of Science degree (B.S.) Fitness Development. **This flyer describes the B.S. degree in Fitness Development.**

Fitness Development Program

This program provides a theoretical and practical knowledge base for students who are interested in careers in health/fitness settings. As a prospective fitness and exercise professional, the essential theoretical information is acquired through a concentrated course program and then the application of this knowledge is demonstrated through an internship experience in exercise, wellness, health promotion, corporate fitness, cardiac rehabilitation, commercial fitness, and other related areas. Students in this program have the opportunity to prepare for careers in fitness management, health promotion, and other wellness-related programs. This program can lead to certification as a Health Fitness Specialist, Personal Trainer, and/or certified Strength and Conditioning Specialist through the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

This program is also recognized by the National Strength and Conditioning Association Education Recognition Program consistent with their approved curriculum for undergraduate students wishing to prepare and take their National Strength and Conditioning Association Certified Strength and Conditioning Specialist certification examination.

Career Opportunities

Many students are initially interested in an undergraduate program in fitness development because they enjoy sport and participation in all types of physical activities. The opportunity to study the scientific bases of athletics is often appealing. In fact, some students may even apply the knowledge they gain in this type of program to their own athletic performance or work with other athletes in various settings. Other students who major in fitness development use their undergraduate program as a stepping stone to professional and graduate schools in a variety of different areas, such as health-related fields. In addition, a fitness development degree can lead to careers in corporate or agency fitness (YMCA, YWCA, Community Centers, etc.), and private settings such as health clubs.

Kinesiology Faculty

Bauer, Jeffrey A. Ph.D. (Biomechanics) Pennsylvania State University	**Area:** Biomechanics
Bryant, Tim M.S. (Exercise Science) Western Illinois University	**Area:** Behavioral and Social Science
Buckenmeyer, Phil. Ph.D. (Exercise Physiology) University of Maryland	**Area:** Exercise Physiology, Athletic Training (Department Chair)
Dames, Kevin, Ph.D. (Biomechanics) University of Northern Colorado	**Area:** Biomechanics
Comins, Sonya M.S.Ed. (Health Education) SUNY Cortland	**Area:** Athletic Training and Health Education
Dearie, Alyson M.S. (Health Sciences) James Madison University	**Area:** Athletic Training
Donnelly, Patrick M.S. (Exercise Science) Syracuse University	**Area:** Athletic Training
Donnelly, Trish M.S. (Physical Education) Western Michigan University	**Area:** Athletic Training
Fiddler, Ryan Ph.D. (Health & Human Performance) Oklahoma State Univ	**Area:** Health & Nutrition
Gunn, Lacy M.S. (Kinesiology) University of Massachusetts	**Area:** Athletic Training
Lind, Erik Ph.D. (Kinesiology) Iowa State University	**Area:** Sports Studies
Hokanson, James F. Ph.D. (Exercise Physiology) U. of Cal – Berkeley	**Area:** Exercise Physiology
Hurley, Wendy Ph.D. (Kinesiology) Pennsylvania State University	**Area:** Motor Behavior and Athletic Training
Jackson, Alexander MS (Library Science) University of Buffalo	**Area:** Computer Applications and Technology
Lee, Yomee, Ph.D. (Cultural Studies) Ohio State University	**Area:** Cultural Studies, Sport Sociology
McGinnis, Peter Ph.D. (Biomechanics) University of Illinois	**Area:** Biomechanics
Meyer, Steven M.Ed. (Athletic Training) Salisbury State University	**Area:** Athletic Training
Newhall, Kristine, PhD. (Women's Studies) University of Iowa	**Area:** Sports Studies
Polasek, Katherine Ph.D. (Kinesiology) Temple University	**Area**: Sport and Exercise Psychology
Rayl, Susan Ph.D. (Sport History) Pennsylvania State University	**Area:** Sport History
Richardson, Brian Ph.D. (Kinesiology) Penn State University	**Area**: History and Philosophy
Sutherlin, Mark Ph.D. (Kinesiology) University of Virginia	**Area:** Education and Philosophy
True, Larissa Ph.D. (Motor Learning & Control) Michigan State Univ.	**Area**: Motor Behavior and Statistics
VanLangen, Deborah Ph.D. (Exercise Physiology) Springfield College	**Area:** Exercise Physiology
Williams, Amanda M.S. (Athletic Training) CA University of PA	**Area:** Athletic Training

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Fitness Development Major

Distribution of Courses

General Education and Liberal Arts

CPN100: Academic Writing I (GE 10)	3
CPN101: Academic Writing II (GE 10)	3
BIO110: Principles of Biology I (GE 2)	4
BIO111: Principles of Biology II (GE 2)	3
PSY101: General Psychology (GE 3)	3
BIO301: Anatomy and Physiology I	3
BIO302: Anatomy and Physiology II	3
CAP100: Computer Applications	3
Presentation Attribute (PRES) (GE 10)	3
Writing Intensive	3
Completion of GE Courses (4, 6, 7, 8, 9, 11, 12)	21
Total	**52**

Quantitative Skills Requirement **3**
EXS 201, PSY201 or ECO22 (GE 1)

Kinesiology Theory Core

EXS100/197: Intro to Kinesiology/Philosophy of Physical Education and Sport	3
EXS287: Soc-Psych Aspects of Activity	3
EXS351: Philosophy of Sport (WI)	3
EXS380: Motor Behavior	3
EXS387: Biomechanics	3
EXS397: Exercise Physiology I	3
EXS420: History of Sport & Physical Activity in American Culture	3
Total	**21**

Activity Core

EXS 151: Practical Strength & Conditioning	1

Choose ONE of the following two options

Option 1
Choose TWO of the following courses

PED 189: Aquatics	1
PED 282: Health-related Physical Fitness	1
EXS 156: Group Exercise Instruction	1
EXS 180: Water Fitness	1

Option 2
Choose ONE of the following courses

PED 189: Aquatics	1
PED 282: Health-related Physical Fitness	1
EXS 156: Group Exercise Instruction	1
EXS 180: Water Fitness	1

and

ACTV Course Attribute	1
Total	**3**

Fitness Development Concentration Requirements

ATR 421: Care and Prevention of Athletic Injuries	3
HLH 120: Responding to Emergencies	2
EXS 315: Anatomical Kinesiology	3
EXS 325: Principles of Strength & Conditioning	3
EXS 357: Nutrition and Sport Performance	3
EXS 435: Neuromuscular Fitness Assessment	3
EXS 438: Cardio-respiratory Fitness Assessment	3
Total	**20**

Practica Required

EXS 270: Foundations of Personal Training	3
EXS 371: Pre-Internship in FIT	1
EXS 470: Application of Personal Training	2
EXS 471: Internship in FIT	9-15
Total	**15-21**

Free Electives

Total	**0-6**

Hours Required for Graduation **120**

Fitness Development
Suggested 4+ Course Sequence *

Fall – 1		**Spring – 2**	
EXS 100 or 197	3	CPN 101	3
BIO 110 (GE2)	4	BIO 111 (GE2)	3
COR 101	1	PSY 101	3
CPN 100	3	CAP 100	3
ACTV	1	GE or WI	3
GE or WI	3		
	15 cr		**15 cr**
Fall - 2		**Spring - 2**	
BIO 301	3	BIO 302	3
EXS 287	3	EXS 201	3
GE or WI	6	EXS 351	3
ACTV	1	GE or WI	6
HLH 120	2	EXS 270	3
	15 cr		**18 cr**
Fall - 3		**Spring - 3**	
EXS 397	3	EXS 325	3
ATR 421	3	EXS 387	3
EXS 380	3	EXS 315	3
GE or WI	6	EXS 420	3
EXS 371	1	EXS 357	3
	16 cr		**15 cr**
Fall - 4		**Spring - 4**	
EXS 435	3	EXS 471	9
EXS 438	3	Free electives	3
EXS 470	2		
ACTV	1		
Free Elective	2		
GE or WI	3		
	14 cr		**12 cr**

EXS 471 Internship 9, 12, 15 credits

* The above-suggested sequence represents a 4-year plus summer internship schedule. It is also possible to complete the program in 4 years with the internship scheduled for the final spring semester