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).

In the past three decades, the world has witnessed a phenomenal growth in interest and involvement in physical activity. More particularly, types of exercise that promote physical fitness and favorably affect one’s health and overall functioning have become central to the lives of many people. Fitness and exercise professionals may work with many different subgroups, some of these groups could be: children and youth, the elderly as well as adults, people with coronary heart disease, obese individuals, and people with physical disabilities. Exercise and fitness can make a significant contribution to the health and quality of life for all types of people, and it is the fitness and exercise professional who can make this happen.

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
Bryant, Tim M.S. (Exercise Science) Western Illinois University
Buckenmeyer, Phil. Ph.D. (Exercise Physiology) University of Maryland
Comins, Sonya M.S.Ed. (Health Education) SUNY Cortland
Dearie, Alyson M.S. (Health Sciences) James Madison University
Donnelly, Patrick M.S. Exercise Science) Syracuse University
Donnelly, Trish M.S. (Physical Education) Western Michigan University
Fiddler, Ryan Ph.D. (Health & Human Performance) Oklahoma University
Gunn, Lacy M.S. (Kinesiology) University of Massachusetts
Lind, Erik Ph.D. (Kinesiology) Iowa State University
Hokanson, James F. Ph.D. (Exercise Physiology) U. of Cal – Berkeley
Hurley, Wendy Ph.D. (Kinesiology) Pennsylvania State University
Koesterer, Thomas Ph.D. University of Florida
Lee, Yomee Ph.D. (Cultural Studies) Ohio State University
McGinnis, Peter Ph.D. (Biomechanics) University of Illinois
Meyer, Steven M.Ed. (Athletic Training) Salisbury State University
Polasek, Katherine Ph.D. (Kinesiology) Temple University
Rayl, Susan Ph.D. (Sport History) Pennsylvania State University
Richardson, Brian Ph.D. (Kinesiology) Penn State University
Sutherlin, Mark Ph.D(Kinesiology) University of Virginia
True, Larissa Ph.D. (Motor Learning & Control) Michigan State Univ.
VanLangen, Deborah Ph.D. (Exercise Physiology) Springfield College
Williams, Amanda M.S. (Athletic Training) CA University of PA

Area: Biomechanics
Area: Behavioral and Social Science
Area: Exercise Physiology, Athletic Training (Department Chair)
Area: Athletic Training and Health Education
Area: Athletic Training
Area: Physical Education
Area: Health & Nutrition
Area: Athletic Training
Area: Sports Studies
Area: Exercise Physiology
Area: Motor Behavior and Athletic Training
Area: Cultural Studies, Sport Sociology
Area: Biomechanics
Area: Athletic Training
Area: Sport and Exercise Psychology
Area: Exercise Physiology
Area: Sport History
Area: History and Philosophy
Area: Education and Philosophy
Area: Motor Behavior and Statistics
Area: Exercise Physiology
Area: Athletic Training

Contact Information
Kinesiology Department, Studio West
P.O. Box 2000, SUNY Cortland, Cortland, NY 13045-0900
Phone: (607) 753-4300  Fax: (607) 753-5596
e-mail: Phil.Buckenmeyer@cortland.edu  Web address: www.cortland.edu/kinesiology
Fitness Development Major

Distribution of Courses

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<th>General Education and Liberal Arts</th>
<th>Hours</th>
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<tbody>
<tr>
<td>• CPN100: Academic Writing I</td>
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<tr>
<td>• CPN101: Academic Writing II</td>
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<td>• BIO111: Principles of Biology II (or GE 2)</td>
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<td>• PSY101: General Psychology</td>
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<td>• 3BIO301: Anatomy and Physiology I</td>
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<td>• CAP100: Computer Applications</td>
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Quantitative Skills Requirement

PSY201 or MAT121 or MAT125 or ECO221

Kinesiology Theory Core

• EXS100: Intro to Kinesiology or EXS197: History/Philosophy of Physical Education and Sport
• EXS287: Soc-Psych Aspects of Activity
• EXS297: Motor Behavior
• EXS351: Philosophy of Sport (WI)
• EXS387: Biomechanics
• 3EXS397: Exercise Physiology I
• EXS420: History of Sport & Physical Activity in American Culture

Total 21

Activity Core

Fitness Dev Activity Requirements: 6 total credit hours

PED 189: Aquatics or EXS 129: Water Fitness
PED 282: Health-related Physical Fitness or 182

Select four additional courses from the following:

PED 388: Rhythms and Dance
PED 181: Adventure Activities
PED 283: Racket Activities
PED 384: Self Defense
EXS 151: Practical Strength & Conditioning
EXS 156: Group Exercise Instruction

Total 6

Fitness Development Concentration Requirements

ATR 421: Care and Prevention of Ath. Injuries
EXS 435: Neuromuscular Fitness Assessment
3EXS 438: Cardio-respiratory Fitness Assessment
HLH 120: Responding to Emergencies
HLH 210: Wellness and Health Promotion
HLH 301: Stress Management
EXS 357: Nutrition and Sport Performance (S)
MGT 250: Principles of Management

Total 23

Practica Required

EXS 196: Field Experience in FIT I
EXS 296: Field Experience in FIT II
4EXS 470: Field Experience in FIT III
EXS 371: Pre-Internship in FIT
5EXS 471: Internship in FIT

Total 14-20

Suggested Free Electives

EXS 346 Sport Psychology or EXS 367 Exercise Psychology
EXS 325 Principles of Strength & Conditioning

Total 0-6

Hours Required for Graduation 124

Fitness Development

Suggested 4+ Course Sequence *

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EXS 471 Internship

* 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.

* Meets Liberal Arts Requirements
1-5 Be aware of these course pre-requisites Especially EXS 438 & 470.