

Fitness Development Major

Distribution of Courses

General Education and Liberal Arts

CPN 100: Academic Writing I (GEC1)	3
CPN 101: Academic Writing II (GEC2)	3
BIO 111/113: Principles of Biology II (GENS)	4
PSY 101: General Psychology (GESS)	3
BIO 301: Anatomy and Physiology I &	4
BIO 302: Anatomy and Physiology II	4
OR	
BIO 206 Fundamentals of Human Anatomy & Physiology	4
CAP 100: Computer Applications	3
Presentation Attribute (PRES) (GECP)	3
Writing Intensive (WI)	3
Other GE Courses	21
Total	47-51

Quantitative Skills Requirement

EXS 201 (GEMA)	3
----------------	---

Kinesiology Theory Core

EXS 100/197: Introduction to Kinesiology/Philosophy of Phys Ed & Sport	3
EXS 290: Social Prob. & Issues: Sport & Exercise	3
EXS 351: Philosophy of Sport (WI)	3
EXS 380: Motor Behavior	3
EXS 387: Biomechanics	3
EXS 397: Exercise Physiology	3
EXS 420: History: Sport & PA 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

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 421: Care and Prevention of Athletic Injuries	3
EXS 432: Exercise Prescription	3
EXS 435: Neuromuscular Fitness Assessment	3
EXS 438: Cardio-respiratory Fitness Assessment	3
Total	23

Practica Required

EXS 270: Foundations of Personal Training	3
EXS 440: Application of Human Performance	3
EXS 471: Internship in Human Performance	9-15
Total	15-21

Free Electives

Total	6-8
--------------	------------

Hours Required for Graduation 120

Recommended Course Sequencing for Major

Fall – 1		Spring – 2	
EXS 100 or 197	3	BIO 111/113	4
COR 101	1	CAP 100	3
CPN 100	3	CPN 101	3
GE or WI	9	PSY 101	3
	16 cr	GE or WI	3
			16 cr
Fall - 2		Spring - 2	
BIO 206	4	EXS 201	3
EXS 290	3	EXS 270	3
HLH 120	2	EXS 315	3
GE or WI	6	EXS 397	3
EXS 151	1	GE or WI	3
	16 cr	ACTV	1
			16 cr
Fall - 3		Spring - 3	
EXS 325	3	EXS 380	3
EXS 357	3	EXS 421	3
EXS 387	3	EXS 432	3
EXS 438	3	EXS 435	3
GE or WI	3	GE or WI	3
ACTV	1	ACTV	1
	16 cr		16 cr
Fall - 4		Spring - 4	
EXS 351	3	EXS 471	9
EXS 420	3		9 cr
EXS 440	3		
Free Elective	6		
	15 cr		
EXS 471 Internship 9, 12, 15 credits			