

Fitness Development Program in The Kinesiology Department 2020 – 2021

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

Augustine, Jacqueline A., Ph.D. (Exercise Science) Syracuse University	Area: Exercise Science
Bauer, Jeffrey A. Ph.D. (Biomechanics) Pennsylvania State University	Area: Biomechanics
Bellovary, Bryanne, Ph.D. (Exercise Physiology) U of New Mexico	Area: Exercise Physiology
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
Comins, Sonya M.S.Ed. (Health Education) SUNY Cortland	Area: Athletic Training and Health Education
Crossway, Ashley, DAT (Athletic Training) Indiana University	Area: Athletic Training
Dames, Kevin, Ph.D. (Biomechanics) University of Northern Colorado	Area: Biomechanics
Davis, Ryan, DSc, ATC (Health Science) Rocky Mountain University	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, Trisha 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 PhD (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. (Motor Behavior) 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
Levasseur, Eric M.S. Athletic Training, SUNY Cortland	Area: Athletic Training
Liang, Kyle M.S. Athletic Training, SUNY Cortland	Area: Athletic Training
McGinnis, Peter Ph.D. (Biomechanics) University of Illinois	Area: Biomechanics
Newhall, Kristine, PhD. (Women's Studies) University of Iowa	Area: Sports Studies
Parks, Jason, PhD. (Exercise Physiology) Kent State	Area: Exercise Physiology
Polasek, Katherine Ph.D. (Kinesiology) Temple University	Area: Sport and Exercise Psychology (Department Chair)
Rayl, Susan Ph.D. (Sport History) Pennsylvania State University	Area: Sport History
Richardson, Brian Ph.D. (Kinesiology) Penn State University	Area: History and Philosophy

P.O. Box 2000, SUNY Cortland, Cortland, NY 13045-0900

Phone: (607) 753-4300 Fax: (607) 753-5596

Web address: www.cortland.edu/kinesiology (8/20)

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	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

EXS 201, PSY201 or ECO221 (GE 1) MAT 201 COM 230	3
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Kinesiology Theory Core

EXS100/197: Intro to Kinesiology/Philosophy of Physical Education and Sport	3
EXS287: Soc-Psych Aspects of Phys Act	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
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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 Course Sequence

Fall – 1		Spring – 2	
EXS 100 or 197	3	CPN 101	3
BIO 110 (GE2)	4	BIO 111	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			