

Fitness Development Program in The Kinesiology Department 2022 – 2023

The Kinesiology Department

The Kinesiology Department includes four majors: 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, strength & conditioning 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 Personal Training and/or Strength and Conditioning Specialist certification examinations.

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., PhD (Exercise Science) Syracuse University
Bauer, Jeffrey A. PhD (Biomechanics) Pennsylvania State University
Bellovary, Bryanne, PhD (Exercise Physiology) U of New Mexico
Bryant, Tim MS (Exercise Science) Western Illinois University
Buckenmeyer, Phil PhD (Exercise Physiology) University of Maryland
Comins, Sonya MS Ed. (Health Education) SUNY Cortland
Crossway, Ashley, DAT (Athletic Training) Indiana University
Dames, Kevin, PhD (Biomechanics) University of Northern Colorado
Davis, Ryan, DSc, ATC (Health Science) Rocky Mountain University
Dearie, Alyson MS (Health Sciences) James Madison University
Donnelly, Patrick MS (Exercise Science) Syracuse University
Donnelly, Trisha MS (Physical Education) Western Michigan University
Fiddler, Ryan PhD (Health & Human Performance) Oklahoma State Univ
Gunn, Lacy MS (Kinesiology) University of Massachusetts
Lind, Erik PhD (Kinesiology) Iowa State University
Hokanson, James F. PhD (Exercise Physiology) U. of Cal – Berkeley
Hurley, Wendy PhD (Motor Behavior) Pennsylvania State University
Jackson, Alexander MS (Library Science), University of Buffalo
Lee, Yomee PhD (Cultural Studies) Ohio State University
Levasseur, Eric MS (Exercise Science), SUNY Cortland
Liang, Kyle MS (Health and Human Performance), Canisius College
McGinnis, Peter PhD (Biomechanics) University of Illinois
Moss, Samantha, PhD (Kinesiology) University of Texas – Arlington
Newhall, Kristine, PhD (Women's Studies) University of Iowa
Parks, Jason, PhD (Exercise Physiology) Kent State
Polasek, Katherine PhD (Kinesiology) Temple University
Rayl, Susan PhD (Sport History) Pennsylvania State University
Richardson, Brian PhD (Kinesiology) Penn State University

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

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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

CPN 100: Academic Writing I (GE 10)	3
CPN 101: Academic Writing II (GE 10)	3
BIO 110: Principles of Biology I (GE 2)	4
BIO 111: Principles of Biology II (GE 2)	3
PSY 101: General Psychology (GE 3)	3
BIO 301: Anatomy and Physiology I	3
BIO 302: Anatomy and Physiology II	3
CAP 100: 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

EXS 100/197: Intro to Kinesiology/Philosophy of PE & Sport	3
EXS 290: Soc-Psych Aspects of Phys Act	3
EXS 351: Philosophy of Sport (WI)	3
EXS 380: Motor Control and Learning	3
EXS 387: Biomechanics	3
EXS 397: Exercise Physiology I	3
EXS 420: 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

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 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 0-5

Hours Required for Graduation

120

Fitness Development Major Course Sequence

Fall – 1		Spring – 2	
EXS 100 or 197	3	BIO 111	3
BIO 110 (GE2)	4	CPN 101	3
COR 101	1	PSY 101	3
CPN 100	3	CAP 100	3
GE or WI	6	GE or WI	3
	17 cr		15 cr
Fall - 2		Spring - 2	
BIO 301	3	BIO 302	3
EXS 290	3	EXS 380	3
GE or WI	6	EXS 201	3
EXS 151	1	GE or WI	3
HLH 120	2	EXS 270	3
ACTV	1	ACTV	1
	16 cr		16 cr
Fall - 3		Spring - 3	
EXS 397	3	EXS 387	3
EXS 315	3	EXS 435	3
EXS 325	3	EXS 438	3
EXS 371	1	EXS 357	3
GE or WI	6	GE or WI	3
	16 cr	ACTV	1
			16 cr
Fall - 4		Spring - 4	
EXS 351	3	EXS 471	9
EXS 421	3		9 cr
EXS 470	2		
ACTV	1		
EXS 420	3		
Elective	3		
	15 cr		
EXS 471 Internship 9, 12, 15 credits			