

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).

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

Augustine, Jacqueline A. , Ph.D. (Exercise Science) Syracuse University	Area: Exercise Science
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
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
True, Larissa Ph.D. (Motor Learning & Control) Michigan State Univ.	Area: Motor Behavior and Statistics

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 (4/19)

Fitness Development Major

Distribution of Courses Hours

General Education and Liberal Arts

• CPN100: Academic Writing I	3
• CPN101: Academic Writing II	3
• BIO110: Principles of Biology I (or GE 2)	3
• BIO111: Principles of Biology II (or GE 2)	4
• PSY101: General Psychology	3
• ¹ BIO301: Anatomy and Physiology I	3
• ¹ BIO302: Anatomy and Physiology II	3
• CAP100: Computer Applications	3
• Completion of General Education Courses	<u>30</u>
Total	55

Quantitative Skills Requirement 3
EXS 201, PSY201 or ECO22

Kinesiology Theory Core

• EXS100: Intro to Kinesiology or EXS197: History/Philosophy of Physical Education and Sport	3
• EXS287: Soc-Psych Aspects of Activity	3
• EXS380: Motor Behavior	3
• EXS351: Philosophy of Sport (WI)	3
• EXS387: Biomechanics	3
• ² EXS397: Exercise Physiology I	3
• EXS420: History of Sport & Physical Activity in American Culture	<u>3</u>
Total	21

Activity Core

Fitness Dev Activity Requirements: 6 total credit hours

PED 189: Aquatics or EXS 180: Water Fitness	1
PED 282: Health-related Physical Fitness or 182	1

Select four additional courses from the following:

PED 388: Rhythms and Dance	1
PED 181: Adventure Activities	1
PED 283: Racket Activities	1
PED 384: Self Defense	1
EXS 151: Practical Strength & Conditioning	1
EXS 156: Group Exercise Instruction	<u>1</u>

Total **6**

Fitness Development Concentration Requirements

ATR 421: Care and Prevention of Ath. Injuries	3
EXS 435: Neuromuscular Fitness Assessment	3
³ EXS 438: Cardio-respiratory Fitness Assessment	3
HLH 120: Responding to Emergencies	2
HLH 210: Wellness and Health Promotion	3
HLH 301: Stress Management	3
EXS 357: Nutrition and Sport Performance (S)	3
• MGT 250: Principles of Management	<u>3</u>
Total	23

• Meets Liberal Arts Requirements

¹⁻⁵ Be aware of these course pre-requisites
Especially EXS 438 & 470.

Practica Required

EXS 270: Found of Personal Training	3
⁴ EXS 470: Field Experience in FIT III	2
EXS 371: Pre-Internship in FIT	1
⁵ EXS 471: Internship in FIT	<u>9, 12 or 15</u>
Total	15-21

Suggested Free Electives

EXS 346 Sport Psychology or EXS 367 Exercise Psychology	3
EXS 325 Principles of Strength & Conditioning	<u>3</u>
Total	0-6 Total

Hours Required for Graduation **124**

Fitness Development Suggested 4+ Course Sequence *

<p>Fall - 1</p> <table border="0"> <tr><td>EXS 100 or 197</td><td>3</td></tr> <tr><td>BIO 110 (GE2)</td><td>4</td></tr> <tr><td>COR 101</td><td>1</td></tr> <tr><td>CPN 100</td><td>3</td></tr> <tr><td>PED 282</td><td>1</td></tr> <tr><td>GE</td><td>3</td></tr> <tr><td style="text-align: right;">15 cr</td><td></td></tr> </table> <p>Fall - 2</p> <table border="0"> <tr><td>BIO 301</td><td>3</td></tr> <tr><td>EXS 287</td><td>3</td></tr> <tr><td>GE</td><td>6</td></tr> <tr><td>PED 388</td><td>1</td></tr> <tr><td>HLH 120</td><td>2</td></tr> <tr><td style="text-align: right;">15 cr</td><td></td></tr> </table> <p>Fall - 3</p> <table border="0"> <tr><td>EXS 397</td><td>3</td></tr> <tr><td>ATR 421</td><td>3</td></tr> <tr><td>Quantitative Skills</td><td>3</td></tr> <tr><td>GE</td><td>6</td></tr> <tr><td>EXS 270</td><td>3</td></tr> <tr><td style="text-align: right;">18 cr</td><td></td></tr> </table> <p>Fall - 4</p> <table border="0"> <tr><td>EXS 351</td><td>3</td></tr> <tr><td>EXS 438</td><td>3</td></tr> <tr><td>MGT 250</td><td>3</td></tr> <tr><td>PED 284</td><td>1</td></tr> <tr><td>GE</td><td>3</td></tr> <tr><td>EXS 371</td><td>1</td></tr> <tr><td style="text-align: right;">14 cr</td><td></td></tr> </table>	EXS 100 or 197	3	BIO 110 (GE2)	4	COR 101	1	CPN 100	3	PED 282	1	GE	3	15 cr		BIO 301	3	EXS 287	3	GE	6	PED 388	1	HLH 120	2	15 cr		EXS 397	3	ATR 421	3	Quantitative Skills	3	GE	6	EXS 270	3	18 cr		EXS 351	3	EXS 438	3	MGT 250	3	PED 284	1	GE	3	EXS 371	1	14 cr		<p>Spring - 2</p> <table border="0"> <tr><td>CPN 101</td><td>3</td></tr> <tr><td>BIO 111 (GE2)</td><td>3</td></tr> <tr><td>PSY 101</td><td>3</td></tr> <tr><td>CAP 100</td><td>3</td></tr> <tr><td>PED 189 or 195</td><td>1</td></tr> <tr><td>PED 181</td><td>1</td></tr> <tr><td style="text-align: right;">14 cr</td><td></td></tr> </table> <p>Spring - 2</p> <table border="0"> <tr><td>BIO 302</td><td>3</td></tr> <tr><td>EXS 380</td><td>3</td></tr> <tr><td>HLH 210</td><td>3</td></tr> <tr><td>GE</td><td>6</td></tr> <tr><td style="text-align: right;">15 cr</td><td></td></tr> </table> <p>Spring - 3</p> <table border="0"> <tr><td>EXS 435</td><td>3</td></tr> <tr><td>EXS 387</td><td>3</td></tr> <tr><td>HLH 301</td><td>3</td></tr> <tr><td>GE</td><td>3</td></tr> <tr><td>EXS 357</td><td>3</td></tr> <tr><td style="text-align: right;">15 cr</td><td></td></tr> </table> <p>Spring - 4</p> <table border="0"> <tr><td>EXS 420</td><td>3</td></tr> <tr><td>EXS 470</td><td>2</td></tr> <tr><td>PED 283</td><td>1</td></tr> <tr><td>Free electives</td><td>3</td></tr> <tr><td>GE</td><td>3</td></tr> <tr><td style="text-align: right;">12 cr</td><td></td></tr> </table>	CPN 101	3	BIO 111 (GE2)	3	PSY 101	3	CAP 100	3	PED 189 or 195	1	PED 181	1	14 cr		BIO 302	3	EXS 380	3	HLH 210	3	GE	6	15 cr		EXS 435	3	EXS 387	3	HLH 301	3	GE	3	EXS 357	3	15 cr		EXS 420	3	EXS 470	2	PED 283	1	Free electives	3	GE	3	12 cr	
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* 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.