



SCHOOL OF HEALTH, PHYSICAL  
EDUCATION, AND RECREATION  
INDIANA UNIVERSITY

# Fitness Specialist

**B.S. in Kinesiology degree (124 credit hours)**

**Department of Kinesiology**

**2.5 CGPA req. for admission, 2.0 GPA req. for graduation**

**Effective for students matriculating in fall 2007 (Revised 2008)**

The fitness specialist major is offered to prepare students to work in the fitness industry. The core course work is designed to follow the behavioral objectives of the American College of Sports Medicine (ACSM) Health Fitness Instructor (HFI) Certification. Students may sit for various other fitness certifications.

## Major (71 Credit Hours)

### A. Required Kinesiology Courses (20 credit hours)

- \_\_\_ 3 HPER-N 231 Human Nutrition (P:CHEM-C 101)
- \_\_\_ 3 HPER-P 212 Introduction to Exercise Science
- \_\_\_ 2 HPER-P 280 Principles of AT & Emergency Care
- \_\_\_ 3 HPER-P 391 Biomechanics
- \_\_\_ 3 HPER-P 405 Introduction to Sport Psychology
- \_\_\_ 3 HPER-P 409 Basic Physiology of Exercise (P:A 215/P 205 & P 215)
- \_\_\_ 3 HPER-P 452 Motor Learning

### B. Select one of the following Human Development courses:

- \_\_\_ 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
- \_\_\_ 3 HPER-F 150 Life Span Development
- \_\_\_ 3 HPER-P 490 Motor Development & Learning\*

### C. Required Fitness Core Courses (24 credit hours)

- \_\_\_ 1 HPER-P 105 Foundations of Wellness
- \_\_\_ 3 HPER-P 216 Current Concepts in Physical Fitness
- \_\_\_ 3 HPER-P 217 Methods of Group Exercise Instruct (P: P 216)
- \_\_\_ 3 HPER-P 218 Methods of Personal Fitness Instruct (P: P 216)
- \_\_\_ 2 HPER-P 319 Fitness Specialist Practicum (P: P216, P218)
- \_\_\_ 3 HPER-P 416 Fitness Management
- \_\_\_ 3 HPER-P 417 Physical Activity and Disease (P: P409) \*
- \_\_\_ 3 HPER-P 419 Fitness Testing & Interpretation (P: 409)\*
- \_\_\_ 3 HPER-P 420 Exercise Leadership for Special Populations (P: P409, P419)\*\*

### D. Internship (2.3 GPA eligibility requirement)

- \_\_\_ 3 HPER-P 448 Internship in Exercise Science

### E. Select one of the following Computer Science courses:

- \_\_\_ 3 BUS-K 201 The Computer in Business
- \_\_\_ 3 CSCI-A 110 Introduction to Computers & Computing
- \_\_\_ 4 CSCI-A 201 Introduction to Programming I
- \_\_\_ 4 CSCI-C 211 Introduction to Computer Science
- \_\_\_ 3 HPER-P 200 Microcomputer Applications in Phys Ed
- \_\_\_ 3 HPER-R 237 Computers in Park Recreation Tour Mngt.

## General Education (41– 45 Credit Hours)

### A. ORAL & WRITTEN COMMUNICATION (12 credit hours)

#### Required:

- \_\_\_ 3 CMCL-C 121 Public Speaking (not CMCL-C 122)
- \_\_\_ 3 ENG-W 131 Elementary Composition (C- minimum) **OR**  
ENG-W 170 Intro to Argumentative Writing (C- minimum)

### Select 6 credit hours from:

- \_\_\_ 3 BUS-X 204 Business Communications
- \_\_\_ 3 CMCL-C122 Interpersonal Communication
- \_\_\_ 3 CMCL-C223 Business and Professional Communication
- \_\_\_ 3 ENG-W 103 Introduction to Creative Writing
- \_\_\_ 1 ENG-W 119 Critical Review Writing
- \_\_\_ 3 ENG-W 143 Interdisciplinary Writing
- \_\_\_ 3 ENG-W 203 Creative Writing (P: W103)
- \_\_\_ 3 ENG-W 231 Professional Writing Skills
- \_\_\_ 3 ENG-W 240 Community Service Writing\*
- \_\_\_ 3 ENG-W 270 Argumentative Writing
- \_\_\_ 3 ENG-W 280 Literary Editing & Publishing
- \_\_\_ 3 ENG-W 350 Advanced Expository Writing
- \_\_\_ 3 TEL -T 211 Writing for Electronic Media

### B. LIFE AND PHYSICAL SCIENCES (20-23 credit hours)

- \_\_\_ 3-5 HPER-P 205 Structural Kinesiology (3 cr.) (recomm) **OR**  
ANAT-A 215 Basic Human Anatomy (5 cr.)
- \_\_\_ 5 PHSL-P 215 Basic Human Physiology
- \_\_\_ 4-5 PHYS-P 101 Physics in the Modern World 1 (4 cr.)\*\* **OR**  
PHYS-P 201 General Physics 1 (5 cr.)

### Select one (1) course from the following:

- \_\_\_ 3 MATH-M 118 Finite Math **OR** A 118 **OR** both D 116-D 117 **OR**  
MATH-M 119 Brief Survey of Calculus I

### Select one (1) lecture/lab combination from the following:

- \_\_\_ 5 CHEM-C 101 Elem Chem I and CHEM-C 121 Elem Chem Lab **OR**  
5 CHEM-C 117 Principles of Chemistry and Biochemistry I

### C. SOCIAL & BEHAVIORAL SCIENCES (9 - 10 credit hours)

- \_\_\_ 3 PSY-K 300 Stats **OR** SPEA-K 300 (req for PSY minor)**OR**  
HPER-H 391 Intro to Health Info and Statistics **OR**  
HPER-R 390 Statistical Applications Leisure Studies
- \_\_\_ 3-4 PSY-P 101 Introductory Psychology I **OR** PSY-P 155
- \_\_\_ 3 SOC-S 100 Intro Soc **OR** SOC-S 101 Soc Probl & Policies

### FITNESS ELECTIVE CONCENTRATION (18 credit hours)

Choose 18 credits from courses listed on the reverse side. These courses enhance professional development in the health and fitness industry. When choosing electives, please consult with your advisor about:

- Your professional goals
- Possible completion of a minor

\* **Generally fall only**      \*\* **Generally spring only**

**Select 18 credit hours from the following category(ies):**

**A. HPER-Electives**

- \_\_\_ 3 HPER-C 416 Introduction to Health Counseling
- \_\_\_ 3 HPER-H 160 First Aid and Emergency Care
- \_\_\_ 3 HPER-H 180 Stress Prevention and Management
- \_\_\_ 3 HPER-H 234 Prevention of Cardiovascular Disease
- \_\_\_ 3 HPER-H 305 Women's Health
- \_\_\_ 3 HPER-H 306 Men's Health
- \_\_\_ 3 HPER-H 315 Consumer Health
- \_\_\_ 3 HPER-H 318 Drug Use in American Society
- \_\_\_ 3 HPER-H 320 The Nature of Cancer
- \_\_\_ 3 HPER-H 350 Complementary & Altern. Approaches to Health\*
- \_\_\_ 3 HPER-H 401 Emer Medic Tech Ambulan I (P: HPER-H 160)
- \_\_\_ 1 HPER-H 404 Emergency Medical Technician Lab
- \_\_\_ 2 HPER-P 238 Methods of Water Fitness Instruction
- \_\_\_ 1 HPER-P 301 Job Strategies for Kinesiology Students
- \_\_\_ 2 HPER-P 316 Theories of Advanced Conditioning
- \_\_\_ 2 HPER-P 317 Theory and Practice of Resistance Training
- \_\_\_ 3 HPER-P 412 Exercise in Health and Disease
- \_\_\_ 3 HPER-P 421 Field Assessment of Physical Activity and Hlth
- \_\_\_ 3 HPER-P 488 Adaptation for Indivi. with Physical Disabilities
- \_\_\_ 1-3 HPER-P 492 Lab or Field Exp in Kines (recommended)
- \_\_\_ 3 HPER-T 142 Living Well

**B. Computer/Web Development**

- \_\_\_ 1.5 CSCI-A 112 Programming Concepts
- \_\_\_ 1.5 CSCI-A 113 Data Analysis Using Spreadsheets
- \_\_\_ 1.5 CSCI-A 114 Introduction to Databases
- \_\_\_ 1.5 CSCI-A 115 Using the World Wide Web
- \_\_\_ 1.5 CSCI-A 116 Multimedia Communication

**C. Dietetics/Nutrition Science (minor 15 credit hours)**

Note: HPER-N 231 is a required part of the minor.

It is included under the required exercise science core.

- \_\_\_ 3 HPER-N 120 Introduction to Foods\*
- \_\_\_ 3 HPER-N 317 Nutrition in the Community\*
- \_\_\_ 3 HPER-N 317 Diet, Disease, and Fitness\*\*
- \_\_\_ 3 HPER-N 331 Life Cycle Nutrition\*\*

**D. Fitness Administration/Management**

- \_\_\_ 3 BUS- A 200 Foundations of Accounting
- \_\_\_ 3 BUS- F 300 Introduction to Financial Management
- \_\_\_ 3 BUS- J 306 Strategic Management and Leadership
- \_\_\_ 3 BUS- M 300 Introduction to Marketing (P:A200)
- \_\_\_ 3 BUS- P 300 Introduction to Operations Management
- \_\_\_ 3 BUS- Z 302 Managing Behavr in Organiztns (P:Jr. Standing)
- \_\_\_ 3 SPEA- H 320 Health Systems Administration
- \_\_\_ 3 SPEA-H 352 Health Finance and Budgeting
- \_\_\_ 3 SPEA-H 401 Strategic Planning in Health Org.
- \_\_\_ 3 SPEA-H 402 Hospital Administration
- \_\_\_ 3 SPEA-H 456 Managed Care
- \_\_\_ 3 SPEA- V 361 Financial Management

See your advisor concerning req. for a business or SPEA minor.

**E. HPER-Activity and Martial Arts Courses (Limit 3 credit hours)**

- \_\_\_ 1 HPER-E 102 Group Exercise
- \_\_\_ 1 HPER-E 133 Fitness and Jogging I
- \_\_\_ 1 HPER-E 156 Introduction to Jazz Dance Techniques
- \_\_\_ 1 HPER-E 187 Weight Training
- \_\_\_ 1 HPER-E 190 Yoga I
- \_\_\_ 2 HPER-E 220 Training Theories Endurance Events
- \_\_\_ 1 HPER-E 477 Water Safety Instructor

ANY martial arts or dance classes may be included.

**F. Psychology (minor 15 credit hours)**

The minor requires PSY P101, P102, statistics, two 300-400 level courses and completion of M118 or M119. All minor courses must be completed with a C- grade and with an overall gpa of 2.0 across minor courses.

- \_\_\_ 3 PSY-P 102 Introductory Psychology II

Any two additional psychology courses at the 300 or 400 level. For the required statistics course (under General Education, Area C, you must choose a K300 option from PSY, MATH, SPEA, or STAT departments.

**G. Public Health Education (minor 16 credit hours)**

**Required for minor:**

- \_\_\_ 3 HPER-C 366 Community Health
- \_\_\_ 3 HPER-C 403 Public Health Program Planning
- \_\_\_ 3 HPER-H 311 Human Disease and Epidemiology

**Choose 6 credit hours:**

From the list of public health minor electives in the School of HPER Bulletin.

**H. Recreational Sport Management (15 credit hours)**

**Required (9 credit hours)**

- \_\_\_ 3 HPER-R 160 Foundations of Recreation and Leisure
- \_\_\_ 3 HPER-R 206 Recreational Sport Programming
- \_\_\_ 3 HPER-R 472 Youth Sport Management

**Electives (Choose two course; 6 credit hours)**

- \_\_\_ 3 HPER-R 272 Recreation Activities and Leadership Methods
- \_\_\_ 3 HPER-R 326 Customer Service and Media Relations
- \_\_\_ 3 HPER-R 341 Camp Leadership and Management
- \_\_\_ 3 HPER-R 354 Sport and Violence: Influences and Issues
- \_\_\_ 3 HPER-R 365 Leisure and Aging
- \_\_\_ 3 HPER-R 471 HR Management in Leisure Services

**I. Special Populations**

- \_\_\_ 3 EDUC-K 205 Introduction to Exceptional Children
- \_\_\_ 3 HPER-C 310 Health Care in Diverse Communities
- \_\_\_ 3 HPER-C 335 Aging, Health, and Diverse Populations
- \_\_\_ 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
- \_\_\_ 3 HPER-H 172 International Health and Social Issues
- \_\_\_ 3 HPER-R 362 Therapeutic Communication
- \_\_\_ 3 HPER-R 365 Leisure and Aging
- \_\_\_ 3 HPER-R 366 Therapeutic Interventions with the Elderly

**J. Sport Promotions and Legal Issues**

- \_\_\_ 3 HPER-P 211 Introduction to Sport Management
- \_\_\_ 3 HPER-P 411 Legal Issues in Sport Settings OR  
    HPER-R 441 Legal Aspects of Recreation OR  
    SPEA-H 441 Legal Aspects of Health Care Admin.
- \_\_\_ 3 HPER-P 415 Sport Promotions and Public Relations\*\*

**CPR – Students must present evidence of current certification.**

**Free Electives (8 – 12 CREDIT HOURS)**

**PASS/FAIL OPTION PERMITTED IN FREE ELECTIVES ONLY**

<b>TOTAL REQUIRED CREDIT HOURS FOR FITNESS SPECIALIST:</b>	
KINESIOLOGY / FITNESS	71 credits
GENERAL EDUCATION	41-45 credits
FREE ELECTIVES	8-12 credits
TOTAL FOR GRADUATION =	124 credits

\* Generally fall only                      \*\* Generally spring only

Visit the Kinesiology website at <http://www.indiana.edu/~kines>

**SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION  
DEPARTMENT OF KINESIOLOGY—FITNESS SPECIALIST**

The suggested plan below shows how you might sequence courses to allow for completion of the degree in a four-year period. There is usually some flexibility within this plan as long as free elective course credit hours are not exceeded. Free electives must be limited to 8-12 credit hours. Planning for correct sequencing of course work is extremely important in this major. Students should meet with an advisor at least once each semester to plan their curriculum. Use this plan in conjunction with the HPER Fitness Specialist TAB sheet. Students may be able to complete one or two minors if combined with course work under 'fitness electives.

**Advising Plan**

<p>—Freshman year</p> <p>30 credit hours (or complete a total of 30 credit hours by the beginning of the third semester).</p>	<p>Complete courses listed in the right column.</p> <p>@ See TAB sheet; students who qualify may choose to take one semester of science majors-level chemistry (CHEM-C 117) or one semester at the general chemistry level (C 101-C 121).</p> <p>* A minimum grade of C- is required ~ Fall only      ^ Spring only</p>	<p>Suggested sequencing:</p> <p>HPER-P 212                      MATH-M 118 or M 119          ENG-W 131 or W 170*      CMCL-C 121          CHEM-C 101-C 121          Fitness Elective@          Fitness Elective (1-2 cr.)   HPER-P 280          HPER-P 105 (1 cr.)          HPER-P 216             Free elective (1 cr.)</p>
<p>—Sophomore year</p> <p>32 credit hours (or complete a total of 62 credit hours by the beginning of the fifth semester).</p> <p>After completing 26 or more credit hours with a 2.5 cumulative grade point average, students will automatically certify from the University Division to the School of HPER—Department of Kinesiology.</p>	<p>Complete courses listed in the right column.</p> <p># See TAB sheet. The fitness specialist major is generally not advisable for preprofessional students who need to take ANAT-A 215 rather than HPER-P 205, in addition to other science course work not required in this major. Preprofessional requirements generally fit better with the exercise science major because of increased science requirements.</p> <p>@ See TAB sheet or bulletin for options. ~ Fall only      ^ Spring only</p>	<p>Suggested sequencing:</p> <p>HPER-P 205#                      PHSL-P215          HPER-N 231                      PSY-P101          SOC-S 100 or S 101          HPER-P 200 (or          HPER-P 217                      equivalent)@          Fitness Elective@              Fitness Elective@             HPER-P 218</p>
<p>—Junior year</p> <p>31 credit hours (or complete a total of 93 credit hours by the beginning of the seventh semester).</p> <p>All students must provide evidence of current CPR certification prior to graduation.</p> <p>HPER P492 is an optional lab experience (recommended)—See Michelle Miller or Carol Armbruster.</p>	<p>Complete courses listed in the right column.</p> <p>@ See TAB sheet or bulletin for options.</p> <p>* HPER-P 409 is a prerequisite for senior level courses (HPER-P 419 &amp; P 420). PHSL-P 215 is a prereq for HPER-P 409.</p> <p>~ Fall only      ^ Spring only</p>	<p>Suggested sequencing:</p> <p>Fitness Area 'B'@                      PHYS P101^ or P201          Statistics Option@                  HPER P409*          Fitness Elective (1-3 cr.)@      Written Comm@          HPER-P 405                          HPER-P 416          Written Communication          Free Elective (1-2 cr.)          HPER-P 319 (2 cr.)                  or HPER-P 492          HPER-P 492 (optional)              (optional)</p>
<p>—Senior year</p> <p>31 credit hours (or complete a minimum of 124 credit hours).</p> <p>Students should plan to take several fitness certification exams: the American College of Sport Medicine—Health Fitness Instructor and/or Exercise Specialist, ACE Group Exercise, ACE Personal Trainer, etc.</p>	<p>Complete courses listed in the right column.</p> <p>@ See TAB sheet or bulletin for options.</p> <p># The internship may be completed in summer of junior or senior year or during the senior year. Students must meet a specified CGPA and have approval from the program director.</p> <p>~ Fall only      ^ Spring only</p>	<p>Suggested sequencing:</p> <p>HPER-P 391                          Fitness Elective@          HPER-P 417                          Free Electives (3-6 cr.)          HPER-P 419 ~                      HPER-P 452          Fitness Elective@                  HPER-P 420 ^          HPER-P 448 (3 cr.) #          Free Elective (1 cr.)</p> <p align="right"><b>Must have a total of 124 credit hours</b></p>