General Education (20 – 39 credits)

English Composition (0 to 3 credits, C- minimum required)
Complete one of the following options:
___ 3 CMLT-C 110 Writing the World
___ 3 ENG-W 131 Elementary Composition
___ 3 ENG-W 170 Projects in Reading and Writing
___ 0 ENG-W 131 EX Elementary Composition Exemption

Mathematical Modeling (3 to 4 credits)
Complete one of the following options:
___ 3 MATH-A 118 Finite Mathematics for the Soc and Behavior Sci
___ 4 MATH-D 116 AND MATH-D 117 Intro to Finite Mathematics I-II
___ 3 MATH-J 113 Introduction to Calculus with Applications
___ 3 MATH-M 118 Finite Mathematics
___ 3 MATH-M 119 Brief Survey of Calculus I
___ 4 MATH-M 211 Calculus I
___ 4 MATH-M 213 Accelerated Calculus
___ 3 MATH-S 118 Honors Finite Mathematics
___ 3 MATH-V 118 Finite and Consumer Mathematics:
___ 3 MATH-V 118 Finite Math for Social and Biological Sciences

Natural and Mathematical Sciences (5 credits)
Complete 5 credits from the list of approved N&M courses in the IUB General Education Bulletin. At least one course must be a natural science (as indicated by an asterisk in the GENED bulletin).

Arts and Humanities (6 credits)
Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

Social and Historical Studies (6 credits)
Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

World Languages and Cultures (0 to 14 credits)
Choose one of the following three options:
Complete 6 credits of world culture courses from the list of approved WC courses in the IUB General Education Bulletin.

OR
Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.

OR
Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the IUB General Education Bulletin.

Major (92 credits)

Fitness Specialist Courses (62 credits)
Complete each of the following courses:
___ 3 CHEM-C 101 Elementary Chemistry 1 N&M
___ 2 CHEM-C 121 Elementary Chemistry Lab 1
Or CHEM-C 117 Principles Chem & Biochem 1 (5 cr) N&M
___ 3 CMCL-C 121 Public Speaking A&H (not CMCL-C 122)
___ 3 HPER-N 231 Human Nutrition (P:CHEM-C 101 or 117) N&M
___ 3-5 HPER-P 205 Structural Kinesiology
Or ANAT-A 215 Basic Human Anatomy N&M
___ 3 HPER-P 216 Current Concepts in Physical Fitness
___ 3 HPER-P 217 Methods of Group Exercise Instruction
___ 3 HPER-P 218 Methods of Personal Fitness Instruct (P: P 216)
___ 2 HPER-P 280 Basic Prevention and Care of Athletic Injuries
___ 2 HPER-P 319 Fitness Specialist Practicum (P: P216, P218)
___ 3 HPER-P 391 Biomechanics
___ 3 HPER-P 405 Introduction to Sport Psychology
___ 3 HPER-P 409 Basic Phsl of Exercise (P:ANAT-A215 or HPER-P 205 & PHLS-P 215)
___ 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 Ldrshp for Special Populatns (P: P 417)**
___ 3 HPER-P 448 Internship in Exercise Science (2.3 cumulative GPA required for eligibility.)
___ 3 HPER-P 452 Motor Learning (P:ANAT-A215 or HPER-P 205 & PHLS-P 215)
___ 5 PHSL-P 215 Basic Human Physiology N&M
___ 3 PSY-P 101 Introductory Psychology OR PSY-P 155 N&M

Human Development Requirement (6 credits)
Complete two of the following courses:
___ 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
___ 3 HPER-C 366 Community Health
___ 3 HPER-C 315 Health in the later years
___ 3 HPER-C 325 Health informatics and aging
___ 3 HPER-F 150 Lifespan Development S&H
___ 3 HPER-H 234 Prevention of Cardiovascular Disease
___ 3 HPER-H 235 Obesity and Health
___ 3 HPER-P 490 Motor Development and Learning*

Statistics Requirement (3 credits)
Complete one of the following courses:
___ 3 PSY-K 300 Statistical Techniques
   or SPEA-K 300 Statistical Techniques
   or HPER-H 391 Intro to Health Info and Statistics
   or HPER-R 390 Statistical Applications Leisure Studies

-Requirements continued on reverse side.-
Computer Literacy Requirement (3 credits)
Complete one of the following courses:
___ 3 CSCI-A 110 Introduction to Computers & Computing  
    or BUS-K 201 The Computer in Business  
    or HPER-P 200 Microcomputer Applications in Phys Ed  
    or HPER-R 237 Computers in Park Recreation Tour Mgmt.

Communications Requirement (3 credits)
Complete one of the following courses:
___ 3 CMCL-C122 Interpersonal Communication  
    or BUS-X 204 Business Communications  
    or ENG-W103 Introduction to Creative Writing  
    or ENG-W 143 Interdisciplinary Writing  
    or ENG-W 203 Creative Writing (P: W103)  
    or ENG-W 231 Professional Writing Skill  
    or ENG-W 240 Community Service Writing*  
    or ENG-W 270 Argumentative Writing  
    or ENG-W 280 Literary Editing & Publishing  
    or ENG-W 350 Advanced Expository Writing  
    or TEL –T 211 Writing for Electronic Media

Fitness Specialist Electives (15 credits)
Complete 15 credits from the fitness specialist elective courses listed below. When choosing electives, please consult with your advisor about:
1) your professional goals.  
2) possible completion of a minor.
___ 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 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  
___ 3 HPER-P 212 Introduction to Exercise Science  
___ 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 (P: P409)**  
___ 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 S&H

Students must present evidence of certification in Cardiopulmonary Resuscitation (CPR) from one of the following agencies: American Red Cross, American Heart Association, National Safety Council.

* Generally fall only  
** Generally spring only
### 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Courses Required</th>
<th>Suggested Sequencing</th>
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| **—Freshman year** | 30 credit hours (or complete a total of 30 credit hours by the beginning of the third semester). | Complete courses listed in the right column.  
# Preprofessional students (premedical, dental, physical therapy, physician assistant, etc) should take CHEM-C 117 instead of CHEM-C101/121 & ANAT A215 instead of HPER P205.  
*CHEM C 101 or 117 is a prereq for N 231  
**HPER P 205 or ANAT A215 is a prerequisite for P 409  
*** A minimum grade of C- is required  
@ See TAB sheet |
| **—Sophomore year** | 32 credit hours (or complete a total of 62 credit hours by the beginning of the fifth semester). | Complete courses listed in the right column.  
*PHSL P-215 is a prerequisite for P409  
@ See TAB sheet or bulletin for options.  
~ Fall only ^ Spring only |
| **—Junior year** | 31 credit hours (or complete a total of 93 credit hours by the beginning of the seventh semester).  
All students must provide evidence of current CPR certification prior to graduation.  
HPER P492 is an optional lab experience (recommended)—See Michelle Miller or Carol Armbruster. | Complete courses listed in the right column.  
@ See TAB sheet or bulletin for options.  
* HPER-P 409 is a prerequisite for senior level courses (HPER-P 419 & P 420).  
PHSL-P 215 is a prereq for HPER-P 409.  
~ Fall only ^ Spring only |
| **—Senior year** | 31 credit hours (or complete a minimum of 124 credit hours).  
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. | Complete courses listed in the right column.  
@ See TAB sheet or bulletin for options.  
# 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.  
~ Fall only ^ Spring only |

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**Suggested sequencing:**

**Arts & Humanity**  
ENG-W 131 or W 170***  
CHEM-C 101* or CHEM-C 117  
CMCL-C 121
Free elective (1-2 cr.)

**Mathematical Modeling**  
HPER-P 205 or ANAT-A 215  
HPER-P 216  
Fitness Elective @  
HPER-P 280  
Free elective (1-2 cr.)

**Social/Historical**  
HPER-N 231  
Art & Humanity  
HPER-P 217  
Fitness Elective @  
HPER-P 218

**World Lang & Cult**  
Statistics Option @  
Fitness Elective (1-3 cr.) @  
HPER-P 409  
Major Elective (e.g. C354)  
HPER-P 492 (optional)

**World Lang & Cult**  
HPER-P 319 (2 cr.)  
Social/Historical  
HPER-P 391  
Free Elective (1-2 cr) or HPER-P 492 (optional)  
Communication option

**Fitness Elective** @  
HPER-P 416  
HPER-P 417  
HPER-P 419 ~  
HPER-P 420 ^  
Free Elective (1 cr.)

* Must have a total of 124 credit hours
Fitness Specialist

Description of Program

The undergraduate degree program focuses on the practical preparation of a fitness and wellness professional that is qualified to seek certification through the American College of Sports Medicine (ACSM) and to work in a variety of health and fitness venues. The curriculum is based on guidelines and standards developed by the ACSM. Students receive a comprehensive theoretical background and practical experience in the areas of fitness assessment, exercise prescription and leadership, resistance training movement analysis, nutrition concepts, and behavior change, to name a few.

Special Opportunities

The IU Fitness Specialist Program has the distinction of being endorsed by the ACSM (in May 2004) as having fulfilled the educational requirements established by the Committee on Certification and Registry Boards. This means that the current curriculum covers the knowledge, skills, and abilities expected of an ACSM Health and Fitness Instructor. This certification can only be taken by those individuals with a four-year degree in an allied health field.

In addition, students are encouraged to complete a 200-hour internship and encouraged to complete a 50-hour practicum during their matriculation. Students are given numerous opportunities to demonstrate their skills by working at the Briscoe Fitness and Wellness Center located on campus and managed by the Fitness Specialist Program.

All students are encouraged to sit for the ACE, NSCA, or ACSM personal training certification within their junior or senior years. Many students are actively involved both on campus and in the community as fitness consultants, instructors, and personal trainers gaining invaluable experience working directly with individuals.

Careers

Fitness professionals plan, lead, instruct, and motivate clients during fitness activities. They may work with clients individually or in groups. Fitness specialists are trained to work with clients across a wide age range in a variety of settings, such as: commercial fitness centers, corporate fitness facilities, hospitals, retirement communities, universities, private studios, resorts, and community centers. There are many exciting, rewarding, and challenging careers in the health/fitness industry. These include positions such as personal trainers, group exercise instructors, exercise leaders, club managers, fitness directors, fitness sales professionals, program directors, post-rehab fitness specialists, strength and conditioning specialists, and geriatric or pediatric fitness specialists.