Students must complete all General Education requirements and all Major requirements. Any acceptable General Education course which is also required in the major may apply to (double-count in) both required areas. Courses common to the areas of World Cultures, Arts and Humanities, and Social and Historical Studies may also double count. However, credit for such courses counts only once toward the total required credits for a degree. See School of HPER Bulletin online at http://www.indiana.edu/~bulletin/iub/hper/2010-2012/index.shtml for links to GenEd course listings.

**General Education (20 – 39 credits)**

**English Composition** (0 to 3 credits, C- minimum required)
Complete one of the following options:
- 3 ENG W131 Elementary Composition
- 3 ENG W170 Projects in Reading and Writing
- 0 ENG W131 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

**Natural and Mathematical Sciences** (5 to 6 credits)
Complete 6 credits or one 5 credit course with a substantial laboratory component. Choices are on the approved list in the School of HPER Bulletin.

**Arts and Humanities** (6 credits)
Complete 6 credits on the approved list in the School of HPER Bulletin.

**Social and Historical Studies** (6 credits)
Complete 6 credits on the approved list in the School of HPER Bulletin.

**World Languages and Cultures** (0 to 14 credits)
**Choose one of the following three options:**
Complete 6 credits of world culture courses.

**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 School of HPER Bulletin.

See the School of HPER online bulletin for requirement details and approved courses.

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**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
- 3 CMCL-C 121 Public Speaking (not CMCL-C 122)
- 3 HPER-N 231 Human Nutrition (P:CHEM-C 101) N&M
- 3 HPER-P 205 Structural Kinesiology
- 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:A 215/P 205 & 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
- 5 PHSL-P 215 Basic Human Physiology N&M
- 3 PSY-P 101 Introductory Psychology I 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-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
- SPEA-K 300 Statistical Techniques
- HPER-H 391 Intro to Health Info and Statistics
- HPER-R 390 Statistical Applications Leisure Studies

**Computer Literacy Requirement** (3 credits)
Complete one of the following courses:
- 3 CSCI-A 110 Introduction to Computers & Computing N&M
- BUS-K 201 The Computer in Business
- HPER-P 200 Microcomputer Applications in Phys Ed
- HPER-R 237 Computers in Park Recreation Tour Mngt.

-Requirements continued on reverse side –
Communications Requirement (3 credits)
Complete one of the following courses:
___ 3 CMCL-C122 Interpersonal Communication S&H
  or BUS-X 204 Business Communications
  or ENG-W103 Introduction to Creative Writing A&H
  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 & Alter. 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
___ 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

GENERAL EDUCATION
MAJOR
COMPLETE A MINIMUM OF 124 CREDITS FOR THIS DEGREE.

Visit the Kinesiology website at www.indiana.edu/~kines

The fitness specialist major is offered to prepare students to work in the fitness industry. The core course work is designed to follow the knowledge, skills and abilities (KSA's) of the American College of Sports Medicine (ACSM) Health Fitness Specialist (HFS) Certification. Students may sit for various other fitness certifications.

Some Minor options:

HPER Minors:
Visit the HPER website at: http://www.hper.indiana.edu/degrees/index.shtml

Business Minor/certificate:
Visit the Kelley website at: http://www.kelley.iu.edu/ugrad/academics/minors.cfm

SPEA Minor/certificate:
Visit the SPEA website at: http://www.iu.edu/~speaweb/academics/ba_minors.php

Psychology Minor:
Visit the Psychology website at: http://psych.indiana.edu/undergrad/degrees/minor.asp
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 credits 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>Suggested sequencing:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman year</td>
<td>Complete courses listed in the right column. @ See TAB sheet; students who qualify</td>
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<tr>
<td></td>
<td>may choose to take one semester of science majors-level chemistry (CHEM-C 117) or one</td>
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<tr>
<td></td>
<td>semester at the general chemistry level (C 101-C 121). *CHEM C 101/121 is a prereq</td>
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<tr>
<td></td>
<td>for N 231 **HPER-P 205 is a prerequisite for P 409 *** A minimum grade of C is</td>
</tr>
<tr>
<td></td>
<td>required ~ Fall only ^ Spring only</td>
</tr>
<tr>
<td>Sophomore year</td>
<td>Complete courses listed in the right column. <em>PHSL-P 215 is a prerequisite for P409</em></td>
</tr>
<tr>
<td></td>
<td># See TAB sheet. @ See TAB sheet or bulletin for options. ~ Fall only ^ Spring only</td>
</tr>
<tr>
<td>Junior year</td>
<td>Complete courses listed in the right column. @ See TAB sheet or bulletin for options.</td>
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<tr>
<td></td>
<td>~ Fall only ^ Spring only</td>
</tr>
<tr>
<td>Senior year</td>
<td>Complete courses listed in the right column. @ See TAB sheet or bulletin for options.</td>
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<tr>
<td></td>
<td>~ Fall only ^ Spring only</td>
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</tbody>
</table>

_Grading System:_
- A minimum grade of C is required.
- Must have a CGPA of 2.0 cumulative grade point average.

**See Michelle Miller or Carol Armbruster._

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**SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION**

**DEPARTMENT OF KINESIOLOGY—FITNESS SPECIALIST**

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**Subject Area Requirements**

**Arts & Humanity**
- ENG-W 131 or W 170***
- CHEM-C 101*
- CHEM-C 121*
- Free elective (1-2 cr.)
- HPER-P 216
- Mathematical Modeling
- CMCL-C 121
- HPER-P 205**
- Fitness Elective@
- HPER-P 280
- Free elective (1-2 cr.)

**PHSL-P 215**
- Social/Historical
- PSY-P101
- Computer Option@
- 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 P319 (2 cr.)
- Social/Historical
- HPER-P 416
- Free Elective (1-2 cr) or HPER-P 492 (optional)
- Communication option

**World Lang & Cult**
- HPER-P 391
- Fitness Elective@
- HPER-P 417~
- Major Elective
- HPER-P 419 ~
- HPER-P 452
- HPER-P 405*
- HPER-P 420 ^
- Free Elective (3cr)
- Free Elective (1 cr.)

* Must have a total of 124 credit hours

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### Notes

- 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.
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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.