Health Fitness Specialist  
(KYHFSBSK)

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

**Department of Kinesiology**

- 2.5 GPA required for admission, 2.0 GPA req. for graduation
- No Pass/Fail except for free electives
- Effective for students matriculating summer 2012

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### 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
  - 0 ENG-W 131 Elementary Composition
  - 0 ENG-W 170 Projects in Reading and Writing

#### 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).

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### Arts and Humanities (6 credits)

Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

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### Social and Historical Studies (6 credits)

Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

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### 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.

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### Major (91-94 credits)

#### Health Fitness Specialist Courses (64-67 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-C 416 Introduction of Health Counseling
  - 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
  - 3-2 HPER-P 217 Methods of Group Exercise Instruction (3 cr)
  - Or HPER-P 283 Group Fitness Practicum (2 cr.)
  - 2 HPER-P 218 Methods of Personal Fitness Instruct (P: P 216)
  - 3 HPER-P 280 Basic Prevention and Care of Athletic Injuries
  - 3 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 Prac of Exercise (P:ANAT A215 or HPER-P 205 & PHLS-P 215)
  - 3 HPER-P 416 Fitness Administration
  - 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: 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-315 Health in the later years
  - 3 HPER-C 325 Health Informatics and aging
  - 3 HPER-C 354 Multidisciplinary Perspectives in Gerontology
  - 3 HPER-C 366 Community Health
  - 3 HPER-F 150 Lifespan Development **S&H**
  - 3 HPER-H 234 Prevention of Cardiovascular Disease
  - 3 HPER-H 235 Obesity and Health **S&H**
  - 3 HPER-P 490 Motor Development and Learning*

#### Statistics Requirement (3 credits)
- Complete one of the following courses:
  - 3 PSY-K 301 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  CS110 Introduction to Computers & Computing N&M
      or  BUS-201 The Bus. Communications
      or  HPER-P 200 Microcomputer Applications in Phys Ed
      or  HPER-R 237 Computers in Park Recreation Tour Mngr.

Communications Requirement (3 credits)
Complete one of the following courses:
   3  CMCL-C122 Interpersonal Communication S&H
      or  BUS-X 204 Bus. Communications
      or  ENG-W 103 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

Health Fitness Specialist Electives (12 credits)
Complete 12 credits from the health 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-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 404 Emergency Medical Technician Lab
   3  HPER-P 212 Introduction to Exercise Science
   3  HPER-P 217 Methods of Group Exercise Instruction
   2  HPER-P 283 Group Fitness Practicum
   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

Present evidence of current CPR certification to the recorder's office in HPER Room 115 at the time you apply for graduation. The document submitted must display a date which indicates that the student is currently certified in CPR. Certification in CPR is only acceptable from the American Red Cross, the American Heart Association, or the National Safety Council.

* Generally fall only    ** Generally spring only

GENERAL EDUCATION 20-39
MAJOR 91-94
COMPLETE A MINIMUM OF 124 CREDITS FOR THIS DEGREE.

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

The health 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 other fitness certifications.

Some Minor options:

Public Health 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://psyc.indiana.edu/undergrad/degrees/minor.asp

* Generally fall only    ** Generally spring only
### Advising Plan

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<th>Course Level</th>
<th>Course Details</th>
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| **Freshman year**  | Complete courses listed in the right column.  
A minimum grade of C- is required  
# 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  
**HER P 205 or ANAT A215 is a prereq for P 409  
@ See TAB sheet |
| **Sophomore year**  | Complete courses listed in the right column.  
*PHSL P-215 is a prerequisite for P409  
@ See TAB sheet or bulletin for options. |
| **Junior year**  | 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. |
| **Senior year**  | 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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<th>Suggested sequencing:</th>
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| Arts & Humanity  
ENG-W 131 or W 170**  
CHEM-C 101* or CHEM-C 117  
CMCL-C 121  
Free elective (1-2 cr.)  
@ See TAB sheet |
| Mathematical Modeling  
HPER-P 205#  
ANAT-A 215  
Art & Humanity  
Fitness Elective@  
HPER-P 280  
Free elective (1-2 cr.) |
| PHSL-P 215*  
HPER-N 231  
HPER-P 216  
HPER-P 217 or P283  
Free elective (1-2 cr) |
| Social/Historical  
PSY-P101  
Computer Option@  
Statistics Option@  
World Lang & Cult. |
| HPER-P 218  
HPER-C 416  
Fitness Elective@  
HPER-P 409*  
Human Develop  
HPER-P 492 (optional) |
| World Lang &Cult  
HPER-P 319  
Social/Historical  
HPER-P 391  
Fitness Elective@  
or HPER-P 492 (optional) |
| HPER-P 416  
HPER-P 417~  
HPER-P 419~  
Communication Option@  
HPER-P 448 (3 cr.) #  
Free Elective (1-3 cr.) |
| HPER-P 405  
Human Develop  
HPER-P 452  
HPER-P 420 ^  
Fitness Elective@ |

**Must have a total of 124 credit hours**
Health 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 Health 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.