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.

**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:

- 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 106 The Mathematics of Decision & Beauty
- 3 MATH-M or V or S 118 Finite Mathematics
- 3 MATH-M or V 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus

**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 (88 – 89 credits)**

**Health Fitness Specialist Courses (67-68 credits)**

Complete one of the following 5 credit chemistry:

- 5 CHEM-C 101 Elem Chem 1 and CHEM C 121 Lab N&M  
  OR CHEM-C 103 Intro to Chemical Principles N&M

Complete each of the following:

- 3 COLL P155 Public Speaking (not CMCL-C 122)
- 3 SPH-B 416 Introduction of Health Counseling
- 3 SPH-K 150 Intro to Kinesiology and Public Health S&H
- 3 SPH-K 205 Structural Kines (B- min)
- 3 SPH-K 216 Curr Concepts in Physical Fitness (P:K205) (B- min)
- 2 SPH-K 280 Basic Prevention and Care of Athletic Injuries
- 3 SPH-K 391 Biomechanics
- 3 SPH-K 405 Introduction to Sport Psychology
- 3 SPH-K 409 09h Basic Phsl of Exercise (P: PHL-P 215 &
  ANAT A 215or SPH-K 205)
- 3 SPH-K 452 Motor Learning (P: SPH-K 205 or ANAT A215
  & PHL-P 215)
- 3 SPH-K 497 Internship in Exercise Sci (2.3 GPA req for eligibility)
- 3 SPH-N 231 Human Nutrition (P:CHEM-C 101 or equiv) N&M
- 5 PSYL-P 215 Basic Human Physiology N&M
- 3 PSYL-P 101 Introductory Psychology I OR PSYL-P 155 N&M

**Students must be admitted to the HFS program to enroll in the following courses.**

- 3 SPH-K 217 Methods of Group Exercise Instrctn (3 cr) (P: K 205)
- 3 SPH-K 218 Methods of Persrln Exercise Instructn (P:K 205, K 216)
- 2 SPH-K 395 Fitness Specialist Practicum (P: K 216, K 218)
- 3 SPH-K 416 Fitness Management
- 3 SPH-K 417 Physical Activity and Disease (P: K 409)*
- 3 SPH-K 419 Fitness Testing & Interpretatn (P: K 218, K 409)*
- 3 SPH-K 420 Exercise Ldshp for Spec Populatns(P:K417, K419)**

**Human Development Requirement (6 credits)**

Complete two of the following courses:

- 3 SPH-B 315 Health in the later years
- 3 SPH-B 354 Multidisciplinary Perspectives in Gerontology
- 3 SPH-B 366 Community Health
- 3 SPH-F 150 Lifespan Development S&H
- 3 SPH-H 235 Obesity and Health S&H
- 3 SPH-H 334 (Formerly 234) Heart Health and Diabetes
- 3 SPH-K 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 SPH-Q 381 Introduction to Biostatistics

-Requirements continued on reverse side.-
Computer Literacy Requirement (3 credits)
Complete one of the following courses:
___ 3 CSCI-A 110 Introduction to Computers & Computing N&M
   or BUS-K 201 The Computer in Business
   or SPH-K 200 Microcomputer Applications in Kinesiology

Communications Requirement (3 credits)
Complete one of the following courses:
___ 3 ANTH-A 122 (Formerly CMCL-C122) Intrprsrnl Communctn S&H
   or BUS-C 204 Business 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 MSCH-C 221 (Formerly: TEL-T 211) Writing for Electronic Media

Health Fitness Specialist Electives (6 credits)
Complete 6 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 SPH-H 160 First Aid and Emergency Care
___ 3 SPH-H 180 Stress Prevention and Management
___ 3 SPH-H 305 Women's Health
___ 3 SPH-H 306 Men's Health
___ 3 SPH-H 315 Consumer Health
___ 3 SPH-H 318 Drug Use in American Society
___ 3 SPH-H 320 The Nature of Cancer
___ 3 SPH-H 351 Complementary & Altern. Approaches to Health*
___ 3 SPH-H 401 Emer Medic Tech Ambulan I (F: SPH-H 160)
   1 SPH-H 404 Emergency Medical Technician Lab
___ 2 SPH-K 283 Group Fitness Practicum
___ 1 SPH-K 301 Job Strategies for Kinesiology Students
___ 2 SPH-K 316 Theories of Advanced Conditioning
___ 2 SPH-K 317 Theory and Practice of Resistance Training
___ 3 SPH-K 412 Exercise in Health and Disease (P: P409)**
___ 3 SPH-K 421 Field Assessment of Physical Activity and Hlth
   1-3 SPH-K 496 Lab or Field Exp in Kines (recommended)
___ 3 SPH-R 142 Living Well S&H

Present evidence of current CPR certification to the recorder's office in SPH 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
MAJOR
COMPLETE A MINIMUM OF 120 CREDITS FOR THIS DEGREE.

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 various other fitness certifications.

Some Minor options:

Public Health Minors:
Visit the SPH website at:
http://www.publichealth.indiana.edu/degrees/index.shtml

Business Minor/certificate: Visit the Kelley website at:
http://kelley.iu.edu/Ugrad/Academics/MajorsMinors/page39060.html

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

Medical Sciences Minor:
Visit the Medical Sciences website at:
http://bloomington.medicine.iu.edu/undergraduate-education/medical-sciences-minor

Counseling Minor:
Visit the School of Education website at:
http://education.indiana.edu/undergraduate/programs/counseling-minor.html
The following course guide shows how you can sequence courses to allow for degree completion in a four-year period. It is extremely important in this major to sequence courses correctly. Students may be able to complete one or two minors if combined with course work under fitness electives. Students must have a minimum GPA of 2.5 and 30 to be admitted. All students must meet with an advisor at least once each semester to plan their curriculum prior to registration for the next semester. Use this plan in conjunction with the Health Fitness Specialist TAB sheet.

### Course Sequencing Guide

<table>
<thead>
<tr>
<th>First year</th>
<th>30 credit hours (or complete a total of 30 credit hours by the beginning of the third semester)</th>
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</table>
| **Semester 1** | SPH-K 205@  
ENG-W 131 or W 170*  
SPH-K 150  
SPH-K 280  
Arts & Humanities@  
Free elective (1-2 cr) | **Semester 2** | SPH-K216@  
SPH-B 416  
COLL-P155  
Math Modeling@  
Social/Historical@  
SPH-K 205 is a prerequisite for K 216 and K 217. A minimum grade of B- in K 205 and K 216 is required. Students must have a minimum GPA of 2.5 and 30 credit hours for admission. |

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<tr>
<th>Second year</th>
<th>30 credit hours (or complete a total of 60 credit hours by the beginning of the fifth semester).</th>
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</table>
| **Semester 3** | CHEM-C 101/121  
Social/Historical@  
PSY-P101  
SPH-K 217 | **Semester 4** | SPH-N231  
Computer Option@  
SPH-K 218  
World Lang & Cult@  
Fitness Elective@  
CHEM C 101 is a prereq for SPH-N 231 |

<table>
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<tr>
<th>Third year</th>
<th>30 credit hours (or complete a total of 90 credit hours by the beginning of the seventh semester)</th>
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| **Semester 5** | PHSL P215  
SPH-K 395  
Human Develop@  
SPH-K 496 (optional)  
Arts & Humanities@ | **Semester 6** | SPH-K 409  
SPH-K 391  
World Lang & Cul@  
Statistics Option@  
Fitness Elective@  
SPH-K 496 is an optional lab experience (recommended)—See Michelle Miller or Carol Armbruster.  
PHSL P-215 is a prerequisite for K 409. It is not recommended to be enrolled in more than 4 classes while taking P215.  
SPH-K 409 is a prerequisite for senior level courses |

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<tr>
<th>Fourth year</th>
<th>30 credit hours (or complete a minimum of 120 credit hours).</th>
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| **Semester 7** | SPH-K 416  
SPH-K 417  
SPH-K 419  
Communication Option@  
SPH-K 497 (3 cr.) # | **Semester 8** | SPH-K 405  
Human Develop@  
SPH-K 452  
SPH-K 420 ^  
Free Elective (1-3 cr.)  
All students must provide evidence of current CPR certification prior to graduation.  
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.  
Must have a total of 120 credit hours |

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* A minimum grade of C is required.  
@ A minimum grade of B- req for admission  
# 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 course  
^ Spring only course
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 required 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.


**REQUIREMENTS FOR ADMISSION TO THE HEALTH FITNESS SPECIALIST PROGRAM**

Students must complete at least 30 credits, and earn an IU cumulative GPA of at least 2.5 to be admitted into this degree program.