Health Fitness Specialist  (KYHFSBSK)
B.S. in Kinesiology degree (120 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 2013

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 Math 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 (88 – 91 credits)

Health Fitness Specialist Courses (67-70 credits)
Complete one of the following f credit chemistry options:
  ___ 5 CHEM-C 101 Elementary Chemistry 1 (3 cr.) N&M
  ___ 5 CHEM-C 121 Elementary Chemistry Lab 1 (2 cr.) N&M
  ___ OR--
      CHEM-C 117 Principles Chem & Biochem 1 (3 cr) N&M
      CHEM-C 127 Chem & Biochem Lab 1 (2 cr) N&M

Complete each of the following:
  ___ 3 CMCL-C 121 Public Speaking A&H (not CMCL-C 122)
  ___ 3 SPH-B 416 Introduction of Health Counseling
  ___ 3-5 SPH-K 205 Structural Kines or ANAT-A 215 Hum Anat N&M
  ___ 3 SPH-K 216 Current Concepts in Physical Fitness (C min)
  ___ 3-2 SPH-K 217 Methods of Group Exercise Instruction (3 cr)
      or SPH-K 283 Group Fitness Practicum (2 cr.)
  ___ 3 SPH-K 218 Methods of Personal Fitness Instructn (P: SPH-K 216
      & ANAT A215 or SPH-K 205)
  ___ 2 SPH-K 280 Basic Prevention and Care of Athletic Injuries
  ___ 3 SPH-K 391 Biomechanics
  ___ 2 SPH-K 395 Fitness Specialist Practicum (P: K 216, K 218)
  ___ 3 SPH-K 405 Introduction to Sport Psychology
  ___ 3 SPH-K 409 Basic Phsl of Exercise (P:ANAT A215
      or SPH-K 205 & PHSL-P 215)
  ___ 3 SPH-K 416 Fitness Administration
  ___ 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 Ldrshp for Spec Populatns (P: K 419)**
  ___ 3 SPH-K 450 Topics: Intro to Kinesiology and Public Health
  ___ 3 SPH-K 452 Motor Learning (P:ANAT A215 or SPH-K 205
      & PHSL-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 117) N&M
  ___ 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 SPH-B 315 Health in the later years
  ___ 3 SPH-B 325 Health informatics and aging
  ___ 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 234 Prevention of Cardiovascular Disease
  ___ 3 SPH-H 235 Obesity and Health S&H
  ___ 3 SPH-K 490 Motor Development and Learning*

Statistics Requirement (3 credits)
Complete one of the following courses:
  ___ 3 PSY-K 300 Stat Techniques
      or SPEA-K 300 Statistical Techniques
      or SPH-H 381 Intro to Health Info and Statistics
      or SPH-R 304 Statistical Applications Leisure Studies
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 20-39
MAJOR 88-91

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.SPH.indiana.edu/degrees/index.shtml


SPEA Minor/certificate: Visit the SPEA website at: http://www.indiana.edu/~spea/

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/

-Requirements continued on reverse side.-
SCHOOL OF PUBLIC HEALTH-BLOOMINGTON
DEPARTMENT OF KINESIOLOGY—HEALTH FITNESS SPECIALIST

The suggested plan below shows how you might sequence courses to allow for completion of the degree in a four-year period. 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 Health 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 and Requirements</th>
<th>Suggested Sequencing</th>
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<tbody>
<tr>
<td><strong>Freshman year</strong></td>
<td>Complete courses listed in the right column.</td>
<td>Suggested sequencing:</td>
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<tr>
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<td>*** A minimum grade of C- is required</td>
<td>SPH-K 205***</td>
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<td>Preprofessional students (premedical, dental, physical therapy, physician assistant, etc)</td>
<td>or ANAT-A 215</td>
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<td>take CHEM-C 117/127 instead of CHEM-C101/121 &amp; ANAT A215 instead of SPH-K 205.</td>
<td>SPH-K 280</td>
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<td>*CHEM C 101 or 117 is a prereq for N 231</td>
<td>SPH-K 450</td>
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<td>**SPH-K 205 or ANAT-A 215 is a prerequisite for SPH-K 409</td>
<td>Arts &amp; Humanities</td>
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<td>@ See TAB sheet</td>
<td>Mathematical Modeling</td>
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<tr>
<td><strong>Sophomore year</strong></td>
<td>Complete courses listed in the right column.</td>
<td>PSY-P101</td>
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<td>*PHSL-P-215 is a prerequisite for K 409</td>
<td>Computer Option@</td>
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<td>@ See TAB sheet or bulletin for options.</td>
<td>Social/Historical</td>
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<td>Statistics Option@</td>
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<td>World Lang &amp; Cult</td>
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<td><strong>Junior year</strong></td>
<td>Complete courses listed in the right column.</td>
<td>SPH-K 391</td>
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<td>@ See TAB sheet or bulletin for options.</td>
<td>SPH-K 395</td>
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<td>Fitness Elective@</td>
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<td>Social/Historical</td>
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<td>World Lang &amp; Cult</td>
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<td>SPH-K 496 (optional)</td>
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<td>Human Develop</td>
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<td>SPH-K 416</td>
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<td>SPH-K 218</td>
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<td>SPH-K 217 or K 283</td>
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<td>SPH-N 231</td>
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<tr>
<td><strong>Senior year</strong></td>
<td>Complete courses listed in the right column.</td>
<td>SPH-K 409*</td>
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<td>@ See TAB sheet or bulletin for options.</td>
<td>SPH-K 496 (optional)</td>
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<td>Human Develop</td>
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<td># 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.</td>
<td>SPH-K 416</td>
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<td>@ See TAB sheet or bulletin for options.</td>
<td>SPH-K 417~</td>
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<td>SPH-K 452</td>
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<td>Communication Option@</td>
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<td>Free Elective (1-3 cr.)</td>
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<td>~ Fall only ^ Spring only</td>
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**Must have a total of 120 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 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.