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)**
*(General Education Bulletin at: www.indiana.edu/~bulletin/iub)*

**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).

**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.
- Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.
- 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 (69 – 72 credits)**

**Public Health Core** (15 credits, C- min req each course)
*Complete each of the following courses:*

- 3 SPH-B 366 Community Health
- 3 SPH-E 311 Introduction to Epidemiology
  (P or C: SPH-Q 381)
- 3 SPH-P 309 Public Health Administration
- 3 SPH-Q 381 Introduction to Biostatistics
- 3 SPH-V 241 (formerly V 351) Found of Environmental Hlth N&M

**Required Fitness and Wellness Courses** (25 credits, C- min req each course)*Complete each of the following courses:*

- 3 SPH-K-216 Found Physical Activ & Pub Hlth
- 3 SPH-K 217 Group PA/ EX Instruction (P: K 205 or A 215)
- 3 SPH-K 218 Individ PA/EX Instr (P: K 205 or A 215, K 216)
- 2 SPH-K 395 Fitness Specialist Practicum (P: K 216, K 218)
- 3 SPH-K 416 Physical Activity/Fitness Administration
- 3 SPH-K 417 Physical Activity and Disease (P: K 409)*
- 3 SPH-K 419 Fitness Testing and Interp (P: K 218, K 409)*
- 5 SPH-K 486 Field Experience in Fitness and Wellness
  (P: Completion of all Public Health Core Courses, Fitness and Wellness Courses, and departmental permission) (Contact intern coordinator early in semester prior to internship semester)

**Additional Required Courses** (29-32 credits)
*Complete each of the following courses:*

- 3 ENG-W 231 Professional Writing Skills
  - OR  ENG-W 240 Community Service Writing
- 5 PHS-L-P 215 Basic Human Physiology N&M
- 3-4 SPH-K 200 Microcomputer Applications in Kinesiology (3 cr.)
  - OR  CSCI-A 110 Intro to Computers & Computing (3 cr.)
  - OR  INFO-I 101 Introduction to Informatics (4 cr.)
  - OR  BUS-K 201 The Computer in Business (3 cr.)
- 3-5 SPH-K 205 or ANAT-A 215 Basic Human Anatomy N&M
- 3 SPH-K 327 Behavioral Aspects of Physical Activity
  - OR  SPH-B 416 Health Counseling
- 3 SPH-K 391 Biomechanics
- 3 SPH-K 409 Basic Phsl of Exercise (P: A215 or K205 & P215)
- 3 SPH-K 452 Motor Learning
- 3 SPH-N 220 Nutrition for Health
  - OR  SPH-N 231 Human Nutrition (P: CHEM-C101 or equiv) N&M

* Generally fall only  ** Generally spring only

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Continued on next page:
Recommended Electives
Please consult with your academic advisor when selecting elective courses based on your goals, including admission to graduate programs (PT, OT, PA, Med), or completion of a minor.

Public Health
- 3 SPH-B 150 Intro to Public Health S&H
- 3 SPH-B 310 Health Care in Diverse Communities
- 3 SPH-B 315 Health in the Later Years
- 3 SPH-B 403 Public Health Program Planning
- 1-3 SPH-B 491 Readings in Public Health
- 1-3 SPH-B 492 Research in Public Health
- 1-3 SPH-H 350 Topical Seminar in Public Health (variable title)

Kinesiology
- 2 SPH-K 140 Found and Principles of Physical Education
- 3 SPH-K 141 Fundamentals of Human Movement
- 3 SPH-K 280 Basic Prv and Car of Ath Injuries
- 1 SPH-K 301 Job Search Strategies for Kinesiology Students
- 2 SPH-K 316 Theories of Advanced Conditioning
- 2 SPH-K 317 Theory and Practice of Resistance Training
- 1-2 SPH-K 385 Practicum in Adapted Physical Education
- 3 SPH-K 398 Adapted Physical Education
- 3 SPH-K 405 Exercise and Sport Psychology
- 3 SPH-K 412 Exercise in Health and Disease
- 1-3 SPH-K 450 Special Topics in Kinesiology (variable title)
- 3 SPH-K 490 Motor Development and Learning*
- 1-3 SPH-K 492 Research in Kinesiology
- 1-3 SPH-K 496 Lab Assisting or Field Experience Kinesiology

Epidemiology
- 3 SPH-E 353 Distributn & Determinants of Chronic Diseases*

Recreation
- 3 SPH-R 414 Legal Aspects of Recreation

Psychology / Sociology
- 3 PSY-P 338 Psychology of Coaching and Motor Performance
- 3 SOC-S 358 Social Issues in Health and Medicine

Topical Health and Health Promotion
- 3 SPH-H 150 Pre-School Children's Health
- 3 SPH-F 150 Introduction to Life Span Development S&H
- 3 SPH-H 160 First Aid
- 3 SPH-H 172 International Health & Social Issues S&H
- 3 SPH-H 174 Prevention of Violence in American Society S&H
- 3 SPH-H 180 Stress Prevention and Management
- 1 SPH-H 205 Introduction to Health Education (S/F)
- 3 SPH-H 220 Death and Dying S&H
- 3 SPH-H 305 Women's Health
- 3 SPH-H 235 Obesity and Health S&H
- 3 SPH-H 306 Men's Health
- 3 SPH-H 315 Consumer Health
- 3 SPH-H 319 Global Health Promotion
- 3 SPH-H 320 The Nature of Cancer
- 3 SPH-H 326 AIDS & Sexually Transmitted Diseases (summer)
- 3 SPH-H 334 (formerly H234) Heart Health & Diabetes
- 3 SPH-H 351 Complementary & Alternative Approaches Hlth *
- 3 SPH-H 460 Pract First Aid Instruct (P-SPH-H160w/"B"or equiv)
- 3 SPH-H 464 Coordinated School Health Programs
- 3 SPH-R 101 Resource Development/Fundraising
- 3 SPH-S 217 Safety: A Personal Focus

* Generally fall only  ** Generally spring only

Students may wish to seek a minor that will enhance their academic and professional goals.

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:
https://spea.indiana.edu/undergraduate/index.html

Psychology Minor:
Visit the Psychology website at:
http://www.indiana.edu/~psyugrad/degrees/degrees.php

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
# Suggested Course Sequence for Fitness & Wellness

## Freshman Year - Fall Semester
- SPH-K 205 Structural Kinesiology 3
- Elementary Composition 3
- Math Modeling 3
- A&H or S&H 3
- Elective 3

**Total Credits:** 15

## Freshman Year - Spring Semester
- SPH-K 216 Foundations of PA and PH 3
- SPH-N 220 Nutrition for Health 3
- A&H or S&H 3
- WLC 3
- Elective 3

**Total Credits:** 15

## Sophomore Year - Fall Semester
- SPH-K 217 Group PA/EX Instruction 3
- SPH-K 200 Microcomputer Applications in Kinesiology 3
- ENG-W 231 Professional Writing Skills 3
- SPH B 366 Community Health 3
- A&H or S&H 3
- Elective 3

**Total Credits:** 18

## Sophomore Year - Spring Semester
- SPH-K 218 Individual PA/Fitness Instruction 3
- SPH-P 309 Public Health Administration 3
- SPH B 416 Health Counseling 3
- SPH-V 241 Foundations of Environmental Health 3
- A&H or S&H 3
- Elective 3

**Total Credits:** 18

## Junior Year - Fall Semester
- PHSL-P 215 Human Physiology 5
- SPH-K 452 Motor Learning 3
- SPH-Q 381 Introduction to Biostatistics 3
- SPH-K 395 Fitness Specialist Practicum 2
- Elective 3

**Total Credits:** 16

## Junior Year - Spring Semester
- SPH-K 409 Basic Physiology of Exercise 3
- SPH-K 416 PA/Exercise Administration 3
- SPH-E 311 Introduction to Epidemiology 3
- WLC 3
- Elective 3

**Total Credits:** 15

## Senior Year - Fall Semester
- SPH-K 417 PA and Disease* 3
- SPH-K 419 Exercise Testing and Interpretation* 3
- SPH-K 391 Biomechanics 3
- Elective 3
- Elective 3

**Total Credits:** 15

## Senior Year - Spring Semester
- SPH-K 486 Field Experience in Fitness and Wellness 5
- Elective 3
- Elective 3

**Total Credits:** 8

*Note: The General Education Natural & Mathematical Requirement is completed by required major courses.*

* Fall only
** Spring only
Fitness and Wellness

The B.S.P.H. in Fitness and Wellness degree program focuses on the applied science of movement and research-based preparation of a health and fitness professional. Students who choose to study in this program become qualified to seek certification through many NCCA accredited organizations, including the American College of Sports Medicine (ACSM). This undergraduate program provides the education and practice that students need to be competitive in health and fitness careers. The curriculum is based on guidelines and standards developed by the ACSM. The fitness and wellness curriculum delivers a scientific academic foundation in topics such as physiology, functional kinesiology, biomechanics, motor learning and epidemiology. This knowledge is combined with the latest research and training methods as well as a variety of community engagement experiences which promote active and healthy lifestyles that impact the health of the public at large.

The fitness and wellness program strives to provide students with numerous practical experiences in the areas of assessment, exercise prescription and leadership, program administration, posture and movement analysis, communication and coaching strategies, and program design for a variety of populations across the lifespan.

Opportunities in the Program

The Fitness and Wellness program fulfills 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 Exercise Physiologist. This certification can only be taken by those individuals with a four-year degree in an allied health field.

In addition, students must complete a 5-credit professional field experience and a 50-hour practicum during their matriculation. Students are given numerous opportunities to demonstrate their skills by working at various on and off campus sites.

All students are encouraged to sit for the ACE, NSCA, NASM, or ACSM personal training certification within their junior year. 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.

Career Opportunities

Exciting, rewarding, and challenging careers in the health/fitness industry include:

- community wellness program director
- medically-based facilities (post-rehabilitation specialist)
- worksite fitness/wellness center director
- health coach
- private and commercial health clubs as director, general manager, owner or consultant.