

B.S. Health and Fitness

2023-24

DEPARTMENT PERSONNEL

Chair

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The mission of Southwestern Adventist University's Department of Kinesiology is to promote lifetime physical activity and a healthy lifestyle for all students at the university; it further seeks to prepare kinesiology majors for a variety of careers by fostering the knowledge and skills needed to be successful in the field. All this is done in a Christ-centered environment shaped by Seventh-day Adventist and Christian values. In addition, the Kinesiology department focuses on the development of the whole student. The integration of the physical, mental, and spiritual powers within the curriculum, instruction, and activity is paramount to the program. We seek to prepare students for success in their chosen professional careers by developing critical thinking, communication, and analytical skills. Of special concern is the development of an understanding and respect for God's amazing creation, the human body.

Job Market

A major in Health and Fitness prepares the student to become a certified personal trainer or a strength and conditioning specialist and find a career in the hospital, corporate, or private fitness industry. Dietitians and nutritionists are experts in the use of food and nutrition to promote health and manage disease. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.

Job Outlook

Employment of fitness trainers and instructors is expected to grow by 10 percent from 2016- 2026, faster than the average for all occupations. As businesses and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other fitness facilities will increase the need for workers in these areas. Employment of dietitians and nutritionists is projected to grow 15 percent from 2016 to 2026, much faster than the average for all occupations.

Earnings

The median annual wage of fitness trainers and instructors was \$39,820 in 2018. The median annual wage for dietitians and nutritionists was \$60,370 in 2018.

Wellness and fitness programs include a combination of theory-based courses, laboratory experiences, and internships in the fitness industry intended to provide students with practical, career-focused skills. Common courses include personal training, nutrition, and fitness promotion among special populations. Certification is highly recommended. Certification requirements in the fitness industry vary widely, with many certifying organizations offering a variety of credentials. For those interested in further education, master's degree programs are common in wellness and

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fitness, exercise science, and kinesiology. Dietitians and nutritionists typically need a bachelor's degree, along with supervised training through an internship. Many states require dietitians and nutritionists to be licensed.

Kinesiology Core Curriculum

Item #	Title	Credits
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1
	Sub-Total Credits	20

Required Courses

Item #	Title	Credits
KINA 111	Physical Fitness	1
	KINA 112 or KINA 212	1
KINA 115	Resistance Training	1
KINA 116	Fitness Walking	1
	KINA 233 or KINA 234	1
KINA 215	Advanced Resistance Training	1
KINT 216	Nutrition	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 260	First Aid, CPR, and First Responder Training	2
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 450	Administration of Kinesiology	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 480	Internship	3-6
	Sub-Total Credits	26-29

Required Cognates:

Item #	Title	Credits
ACCT 211	Accounting Principles I	3
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
COMM 261	Media Writing I	3
PSYC 220	Human Growth & Development	3
	Sub-Total Credits	17

Sample 4 Year Curriculum

General Education Requirements

To view general education requirements for this major please visit: <https://catalog.swau.edu/core-curriculum-for-a-bachelors-degree>

First Year First Semester

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
ENGL 121	Freshman Composition	3
KINT 110	Fundamentals of Kinesiology	3
MATH 110	College Algebra	3
UNIV 111	Wellness for Life	2
	Sub-Total Credits	15

First Year Second Semester

Item #	Title	Credits
BIOL 102	Anatomy & Physiology II	4
COMM 111	Speech	3
KINA 111	Physical Fitness	1
KINT 216	Nutrition	3
KINT 260	First Aid, CPR, and First Responder Training	2
	Religion GE Requirement	3
	Sub-Total Credits	16

Second Year First Semester

Item #	Title	Credits
	Elective Course for 120	3
ENGL 220	Research Writing	3
KINA 112	Aerobics	1
KINT 241	Care and Prevention of Athletic Injuries	3
	Religion GE Requirement	3
PSYC 220	Human Growth & Development	3
	Sub-Total Credits	16

Second Year Second Semester

Item #	Title	Credits
COMM 261	Media Writing I	3
	Elective Course for 120	3
	Fine Arts GE Requirement	3
	History GE Requirement	3
KINT 201	Introduction to Kinesiology Research	1
	Religion GE Requirement	3
	Sub-Total Credits	16

Third Year First Semester

Item #	Title	Credits
ACCT 211	Accounting Principles I	3
KINA 115	Resistance Training	1
KINA 116	Fitness Walking	1
KINT 252	ACSM Certified Personal Trainer	3
KINT 310	Motor Learning	3
KINT 450	Administration of Kinesiology	3
	Literature GE Requirement	3
	Sub-Total Credits	17

Third Year Second Semester

Item #	Title	Credits
	History GE Requirement	3
KINA 215	Advanced Resistance Training	1
KINT 331	Biomechanics	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
	Life and Physical Science GE Requirement	4
	Sub-Total Credits	14

Fourth Year First Semester

Item #	Title	Credits
	Elective Course for 120	3
	Elective Course for 120	3
	Elective Course for 120	3
	KINA 233 or KINA 234	1
KINT 321	Exercise Physiology	3
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3
	Sub-Total Credits	16

Fourth Year Second Semester

Item #	Title	Credits
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 480	Internship	3-6
KINT 490	Senior Seminar (Capstone/Portfolio)	1
	Religion GE Requirement	3
	Sub-Total Credits	10-13

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