

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. These may 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

Personal training is a booming industry, with the Bureau of Labor Statistics predicting a 39% increase in employment growth from 2020-2030. Not only is 39% a super high number for any job, but the average growth for that time frame is only 8%!

Earnings

The median annual wage of fitness trainers and instructors was \$60,000 in May 2023.

Educational Qualifications:

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 anatomy and physiology, personal training, nutrition, fitness promotion among special populations, managing stress, and exercise physiology. 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 fitness, exercise science, and kinesiology.

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SOUTHWESTERN ADVENTIST UNIVERSITY

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.

General Education Requirements:

To view general education requirements for this major, please visit catalog.swau.edu/undergraduate/2023-2024

Kinesiology Core Curriculum			Required Courses		
Item #	Title	Credits	Item #	Title	Credits
KINT 110	Fundamentals of Kinesiology	3	KINA 111	Physical Fitness	1
KINT 201	Introduction to Kinesiology Research	1		KINA 112 or KINA 212	1
KINT 241	Care and Prevention of Athletic Injuries	3	KINA 115	Resistance Training	1
KINT 310	Motor Learning	3	KINA 116	Fitness Walking	1
KINT 321	Exercise Physiology	3		KINA 233 or KINA 234	1
KINT 331	Biomechanics	3	KINA 215	Advanced Resistance Training	1
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3	KINT 216	Nutrition	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1	KINT 252	ACSM Certified Personal Trainer	3
	Sub-Total Credits	20	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			First Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4	BIOL 102	Anatomy & Physiology II	4
ENGL 121	Freshman Composition	3	KINA 111	Physical Fitness	1
KINT 110	Fundamentals of Kinesiology	3	KINT 216	Nutrition	3
MATH 110	College Algebra	3	KINT 260	First Aid, CPR, and First Responder Training	2
UNIV 111	Wellness for Life	2		Communication GE Requirement	3
	Sub-Total Credits	15		Religion GE Requirement	3
				Sub-Total Credits	16
Second Year First Semester			Second Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
ENGL 220	Research Writing	3	KINT 201	Introduction to Kinesiology Research	1
KINA 112	Aerobics	1	COMM 261	Media Writing I	3
KINT 241	Care and Prevention of Athletic Injuries	3		Fine Arts GE Requirement	3
PSYC 220	Human Growth & Development	3		History GE Requirement	3
	Elective Course for 120	3		Religion GE Requirement	3
	Religion GE Requirement	3		Sub-Total Credits	16
	Sub-Total Credits	16			
Third Year First Semester			Third Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
ACCT 211	Accounting Principles I	3	KINA 215	Advanced Resistance Training	1
KINA 115	Resistance Training	1	KINT 331	Biomechanics	3
KINA 116	Fitness Walking	1	KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 252	ACSM Certified Personal Trainer	3		History GE Requirement	3
KINT 310	Motor Learning	3		Life and Physical Science GE Requirement	4
KINT 450	Administration of Kinesiology	3		Sub-Total Credits	14
	Literature GE Requirement	3			
	Sub-Total Credits	17			
Fourth Year First Semester			Fourth Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
	KINA 233 or KINA 234	1	KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 321	Exercise Physiology	3	KINT 480	Internship	3-6
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3	KINT 490	Senior Seminar (Capstone/Portfolio)	1
	Elective Course for 120	3		Religion GE Requirement, Upper Division	3
	Upper Division Elective Course for 120	3		Sub-Total Credits	10-13
	Upper Division Elective Course for 120	3			
	Sub-Total Credits	16			