

## B.S. Sports and Fitness Management

2023-24

### WEBSITE

<https://www.swau.edu/kinesiology>

### DEPARTMENT PERSONNEL

#### *Chair*

Paulino Santos, Ed.D.

#### *Faculty*

Chad Hutchinson, M.S.

Vesa Naukkarinen, M.S.

#### *Adjunct Faculty*

Embedzayi Tsanzi, M.A.

Kim Vanhoose, B.S.

### LOCATION

Hagen Hall

### CONTACT

[admissions@swau.edu](mailto:admissions@swau.edu)

[paulino.santos@swau.edu](mailto:paulino.santos@swau.edu)

(817) 202-6567

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

Sports and Fitness Management major is for students interested in running a health club or managing a sports team.

### Job Outlook

A continued interest in sports and recreation and a growth in the overall population are expected to increase the need for sports and fitness management professionals.

### Earnings

Salary varies greatly by location and employer.

### Education Qualifications

Many sports and fitness managers have to start with an internship with the organization and work their way up to managing. Often experience within the sport is a big help, as many former athletes go on to manage after their playing days are through. There are some colleges that offer master's degrees in sports management and this is obviously a large advantage in getting a job. To become a sports and fitness manager, it is important to have a good business sense and the ability to communicate and negotiate in serious discussions about big issues.

### General Education Requirements

To view general education requirements for this major, please visit [catalog.swau.edu/undergraduate/2023-2024](http://catalog.swau.edu/undergraduate/2023-2024).

100 W. Hillcrest Street  
Keene TX 76059

(800) 433-2240 toll-free  
(817) 202-6794 phone  
[www.swau.edu](http://www.swau.edu)



## 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

## Kinesiology Courses:

Item #	Title	Credits
KINA 115	Resistance Training	1
KINT 252	ACSM Certified Personal Trainer	3
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 450	Administration of Kinesiology	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 485	Sports and Fitness Management Internship	6
	Sub-Total Credits	19

## Required Cognates:

Item #	Title	Credits
ACCT 211	Accounting Principles I	3
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
BUAD 301	Principles of Management	3
BUAD 372	Human Resources Management	3
BUAD 472	Business Policies and Strategies	3
	ECON 211 or ECON 212	3
FNCE 321	Business Finance	3
MATH 141	Introduction to Probability and Statistics	3
MKTG 343	Principles of Marketing	3
	Sub-Total Credits	32

# 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
	KINA Electives	2
	Sub-Total Credits	17

### First Year Second Semester

Item #	Title	Credits
BIOL 102	Anatomy & Physiology II	4
	Fine Arts GE Requirement	3
MATH 141	Introduction to Probability and Statistics	3
	Religion GE Requirement	3
	History GE Requirement	3
	Sub-Total Credits	16

### Second Year First Semester

Item #	Title	Credits
ACCT 211	Accounting Principles I	3
ENGL 220	Research Writing	3
KINT 241	Care and Prevention of Athletic Injuries	3
PSYC 220	Human Growth & Development	3
PHYS 114	Physical Science	4
	Sub-Total Credits	16

### Second Year Second Semester

Item #	Title	Credits
COMM 115	Group Communication	3
ECON 212	Microeconomics	3
KINT 201	Introduction to Kinesiology Research	1
	History GE Requirement	3
	Religion GE Requirement	3
	Sub-Total Credits	16

### Third Year First Semester

Item #	Title	Credits
BUAD 301	Principles of Management	3
KINA 115	Resistance Training	1
KINT 252	ACSM Certified Personal Trainer	3
KINT 310	Motor Learning	3
KINT 450	Administration of Kinesiology	3
	Sub-Total Credits	16

### Third Year Second Semester

Item #	Title	Credits
KINT 331	Biomechanics	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
	History GE Requirement	3
	Literature GE Requirement	3
	Religion GE Requirement, Upper Division	3
	Sub-Total Credits	15

### Fourth Year First Semester

Item #	Title	Credits
BUAD 372	Human Resources Management	3
KINT 321	Exercise Physiology	3
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3
MKTG 343	Principles of Marketing	3
	Elective Course for 120	3
	Sub-Total Credits	15

### Fourth Year Second Semester

Item #	Title	Credits
BUAD 472	Business Policies and Strategies	3
KINT 485	Sports and Fitness Management Internship	6
KINT 490	Senior Seminar (Capstone/Portfolio)	1
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
	Sub-Total Credits	13

June 2023

Southwestern Adventist University—Office of Academic Administration