

# HEALTH/FITNESS SPECIALIST, ASSOCIATE

A minimum of 64 credits (at the 100 level or higher) must be earned for graduation with a cumulative gpa of 2.00 or higher. A gpa of 2.00 or higher is also required in your Major, as well as in your General Education Core Requirements.

## Program Description

This degree prepares you for entry-level positions in the health and fitness industry. Specific course work and experiences prepare you to be certified by the American College of Sports Medicine as an Exercise Leader or Health/Fitness Instructor. Students develop fitness assessment skills with current technologies employed for anthropometric, cardiovascular and metabolic functioning.

## Program Learning Outcomes

- **Physical Activity in Health, Wellness, and Quality of Life:** Graduates will design individual level programs that promote physical activity, health, and improve quality of life.
- **Scientific Foundations of Kinesiology:** Graduates will critically utilize scholarly material and apply an evidence based solution to a current problem in Kinesiology.
- **Cultural, Historical, Philosophical Dimensions of Kinesiology:** Graduates will critically evaluate and organize scholarly material to present philosophical dimensions of physical activity.
- **Professional Development in Kinesiology:** Graduates will analyze the discipline and sub-disciplines of Kinesiology selecting and describing an area of concentration.
- **Technical Competency in Kinesiology:** Graduates will be able to demonstrate technical competency in the evaluation of exercise and physical activity.

## Degree Requirements

Code	Title	Hours
<b>Program Requirements</b>		
KINS 101	Foundations in Kinesiology	3
KINS 105	Program Dev & Leadership	3
KINS 140	Health and Fitness	3
KINS 141	Introduction to Movement	3
KINS 202	Diversity & Inclusion in Sport	3
KINS 262	Exercise Physiology	3
KINS 265	Personal Fitness Training	3
KINS 268	Fitness Eval I: Func Assessmnt	3
KINS 275	Nutrition Sprt Exer Performnce	3
KINS 295	Facility & Program Operations	3
<b>Cognate Requirements</b>		
BIOL 121	Human Anatomy & Physiology I	4
BIOL 122	Human Anatomy & Physiology II	4
CHEM 108	Applied Chemistry	3
CHEM 109	Applied Chemistry Lab	1
PSYC 101	Intro to Psychological Science	3
General Electives		7
<b>Total Hours</b>		<b>52</b>

**General Education:** All LSSU Associate's degree candidates must complete the LSSU General Education Requirements.