



CORPORATE FITNESS MAJOR 4-YEAR PLAN 2019-2010 CATALOG

FIRST YEAR				FIRST YEAR			
FALL	SEMESTER			SPRING	SEMESTER		
COURSE	#	TITLE	CREDITS	COURSE	#	TITLE	CREDITS
HUM		Elective	3	KIN/ATR	210/207	First Aid or Prevention & Care of Injuries	2
PSYCH	111	Intro to Psychology	3	KIN/KIN	220/215	Teaching Dance or Teaching Sports Activities	2
FYE & KIN 126		Balancing Instincts & Group Exercise	3	KIN	120	Strength Training	1
KIN				ENG	120	College Composition II	3
ENG/COMM	110/110	College Comp. or Public Speaking	3	SOC	110	Intro to Sociology	3
KIN	100	Fitness & Wellness	2	HISTORY		Elective	3
TOTAL CREDITS			14	TOTAL CREDITS			14
SECOND YEAR				SECOND YEAR			
FALL	SEMESTER			SPRING	SEMESTER		
COURSE	#	TITLE	CREDITS	COURSE	#	TITLE	CREDITS
KIN/KIN	226/334	Teaching Group Exercise or Nutrition	2	KIN/KIN	226/334	Teaching Group Exercise or Nutrition	2
BIO/BIO	115/220	Concepts of Anatomy & Phys or Anatomy & Phys I	4	KIN	225	Fitness Leadership	2
Business		Elective	3	Business		Elective	3
KIN/KIN	220/215	Teaching Dance or Teaching Sports Activities	2	ENG/COMM	110/110	College Comp or Public Speaking	3
KIN/ATR	210/207	First Aid or Prevention or Care of Injuries	2	MATH OR LAB SCIENCE			4
HUM		Elective	3	Elective		Elective	3
TOTAL CREDITS			16	TOTAL CREDITS			17
THIRD YEAR				THIRD YEAR			
FALL	SEMESTER			SPRING	SEMESTER		
COURSE	#	TITLE	CREDITS	COURSE	#	TITLE	CREDITS
KIN	325	Personal Training Methods	2	KIN	407	Psych of Phy Ed & Athletes	2
Business		Elective	3	KIN	433	Exercise Physiology	3
KIN	431	Kinesiology	3	KIN	442	Adapted PE	2
Business		Elective	3	KIN/Elective	441/	Eval of Psych Performance or Elective	3
KIN/Elective	441	Eval of Psych Performance	3	KIN	310	Org. & Admin of PE & Athletics	3
				Business		Elective	3
TOTAL CREDITS			14	TOTAL CREDITS			16
FOURTH YEAR				FOURTH YEAR			
FALL	SEMESTER			SPRING	SEMESTER		
COURSE	#	TITLE	CREDITS	COURSE	#	TITLE	CREDITS
KIN	325	Personal Training Methods	2	KIN	497	Practicum in Corporate Fitness	4-8
Business		Elective	3	Elective		Elective	4-8
KIN	497	Practicum in Corporate Fitness	4-8	Business		Elective	3
Elective		Elective	6-10				
TOTAL CREDITS			15-16	TOTAL CREDITS			12

*courses subject to change