



Major in Health and Fitness, B.S.

2017-2018

Additional Sources of Information

WEBSITE:

www.swau.edu

DEPARTMENT CONTACTS:

Chair

Paulino Santos, M.A.

Faculty

Chad Hutchinson, M.S.

Vesa Naukkarinen, M.S.

Adjunct Faculty

Michael England, Ed.D.

Embedzayi Tsanzi, M.A.

Kim Vanhoose, B.A.

LOCATION:

Leiske-Pultar Gymnasium

MAIL:

Department of Kinesiology

100 W. Hillcrest Street

Keene, TX 76059

100 W. Hillcrest Street
Keene TX 76059

(800) 433-2240 TOLL-FREE

(817) 202-6794 PHONE

(817) 556-4712 FAX

www.swau.edu

The mission of Southwestern Adventist University's Department of Kinesiology is to promote lifetime physical activity and 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 are 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.

Job Outlook

Employment of fitness trainers and instructors is expected to grow by 24 percent from 2010 to 2020, 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.

Earnings

The median annual wage of fitness trainers and instructors was \$31,090 in May 2010.

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 human anatomy and physiology, nutrition, fundamentals of kinesiology, 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.

General Education Requirements:

To view general education requirements for this major please visit catalog.swau.edu/Undergraduate/2017-2018.





KINESIOLOGY CORE CURRICULUM

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 490	Senior Seminar.....	1

TOTAL: 20

HEALTH AND FITNESS CONCENTRATION

KINA 111	Physical Fitness	1
KINA 112	Aerobics or	
KINA 212	Advanced Aerobics.....	1
KINA 115	Resistance Training.....	1
KINA 116	Fitness Walking.....	1
KINA 233	Water Aerobics or	

KINA 234	Lifeguard Training.....	1
KINA 215	Advanced Resistance Training.....	1
KINT 216	Nutrition	3
KINT 252	ACSM Certified Personal Trainer.....	3
KINT 260	First Aid, CPR & 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.....	6

TOTAL: 29

REQUIRED COGNATES:

ACCT 211	Accounting Principles I	3
BIOL 101, 102	Anatomy and Physiology	8
COMM 261	Reporting I or	
CSIS 303	E-Commerce and Website Design.....	3
PSYC 220	Human Growth and Development.....	3

SAMPLE FOUR-YEAR SCHEDULE

	FIRST SEMESTER	SECOND SEMESTER
<i>First Year</i>	KINT 110—Fundamentals of Kinesiology3 UNIV 111—Wellness for Life2 ENGL 121—Freshmen Composition.....3 MATH 110—College Algebra3 BIOL 101—Anatomy and Physiology4 TOTAL15	KINA 111—Physical Fitness.....1 KINT 216—Nutrition3 KINT 260—First Aid, CPR, and First Responder Training2 Religion Elective3 BIOL 102—Anatomy and Physiology4 COMM 111—Speech3 TOTAL16
<i>Second Year</i>	KINA 112—Aerobics (or KINA 212).....1 KINT 241—Care and Prevention of Athletic Injuries3 PSYC 220—Human Growth and Development.....3 ENGL 220—Research Writing.....3 Religion Elective.....3 Elective3 TOTAL16	KINT 201—Introduction to Kinesiology Research1 COMM 261—Reporting I or CSIS 303—E-Commerce and Website Design3 Fine Art Elective3 CSIS 102—Microcomputer Literacy and Applications.....3 History Elective3 Religion Elective3 TOTAL16
<i>Third Year</i>	KINA 115—Resistance Training.....1 KINA 116—Fitness Walking1 KINT 252—ACSM Certified Personal Trainer3 KINT 450—Administration in Kinesiology.....3 Literature Elective3 ACCT 211—Accounting Principles I3 KINT 310—Motor Learning.....3 TOTAL17	KINA 215—Advanced Resistance Training.....1 KINT 331—Biomechanics3 KINT 452—ACSM Certified Health Fitness Specialist.....3 History Elective3 Physical Science Elective.....4 TOTAL14

NOTE: Minor is required.