



Major in Sports & Fitness Management, B.S.

2017-2018

Additional Sources of Information

WEBSITE:

www.swau.edu

DEPARTMENT CONTACTS:

Chair

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LOCATION:

Leiske-Pultar Gymnasium

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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

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.

Educational 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/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: 17

SPORTS & FITNESS MANAGEMENT CONCENTRATION:

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	Internship.....	6

TOTAL: 19

REQUIRED COGNATES:

ACCT 211	Accounting Principles	3
BIOL 101, 102	Anatomy & Physiology	8
BUAD 301	Principles of Management.....	3
BUAD 321	Business Finance.....	3
BUAD 372	Human Resource Management	3
BUAD 472	Business Policies and Strategies	3
ECON 211	Macroeconomics OR	
ECON 212	Microeconomics	3
MATH 241	Intro to Probability and Statistics	3
MKTG 343	Principles of Marketing.....	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 Algebra.....3 BIOL 101—Anatomy and Physiology4 TOTAL15	BIOL 102—Anatomy and Physiology4 Computer Application Elective3 Religion Elective3 History Elective3 Fine Arts Elective3 TOTAL16
<i>Second Year</i>	ACCT 211—Accounting Principles I3 KINT 241—Care and Prevention of Athletic Injuries3 PSYC 220—Human Growth and Development.....3 ENGL 220—Research Writing.....3 Religion Elective3 KINA Activity Elective.....1 TOTAL16	MATH 241—Introduction to Probability and Statistics3 KINT 201—Introduction to Kinesiology Research1 ECON 212—Microeconomics3 History Elective3 COMM 115—Discussion Techniques.....3 Religion Elective3 TOTAL16
<i>Third Year</i>	KINA 115—Resistance Training.....1 KINT 252—ACSM Certified Personal Trainer3 KINT 450—Administration in Kinesiology.....3 BUAD 321—Business Finance3 BUAD 301—Principles of Management3 KINT 310—Motor Learning.....3 TOTAL16	KINT 331—Biomechanics3 KINT 452—ACSM Certified Health Fitness Specialist3 Religion Upper Division.....3 Literature Elective3 Physical Science Elective.....4 TOTAL16
<i>Fourth Year</i>	KINT 321—Exercise Physiology.....3 BUAD 372—Human Resources Management.....3 MKTG 343—Principles of Marketing3 Elective3 Elective3 TOTAL15	KINT 485—Internship6 KINT 490—Senior Seminar1 BUAD 472—Business Policies and Strategies.....3 KINT 354—NSCA Certified Strength and Conditioning Specialist.....3 Elective3 TOTAL16