

64 Hours

HEALTH AND FITNESS CONCENTRATION

Health & Kinesiology-BA
FITC

<http://www.cla.purdue.edu/hk/hkadvising>

PRESCRIBED COURSES TO MEET LA CORE REQUIREMENTS: Credit or equivalent experience must be established in the following courses by examination for credit, by including them in choices to meet the general education core requirement or by taking them as electives.

- 4 ___ BIOL 20300 Human Anatomy & Physiology
- 3 ___ PSY 12000 Elem. Psychology
- 4 ___ BIOL 20400 Human Anatomy & Physiology (prerequisite: BIOL 20300)

Cr. Hrs.

A. REQUIRED HEALTH/FITNESS COURSES.....19

- 2 ___ HK 11101 Practical Applications of Health/Fitness Concepts 1
- 2 ___ HK 11300 Practical Applications of Health/Fitness Concepts 2 (prerequisite HK 11101)
- 1 ___ HK 11800 Analysis of Sport Performance Training (prerequisite HK 11101)
- 1 ___ HK 11900 Instructional Techniques of Group Exercise (prerequisite HK 11101)
- 1 ___ 1 ___ HK 21100 Clinical Applications of Health/Fitness Concepts 1 (prerequisite HK 11300, HK 28000)
- 2 ___ HK 28000 Basic First Aid & CPR
- 3 ___ HK 42100 Health Screening & Fitness Evaluation & Prescription (prerequisite BIOL 204000)
- 3 ___ HK 42200 Basic Concepts in Exercise Program Design (prerequisite HK 42100)
- 3 ___ HK 42400 Health & Fitness Program Management (prerequisite HK 26601)

B. ADDITIONAL COURSES REQUIRED FOR THE HEALTH/FITNESS CONCENTRATION.....31

- 1 ___ HK 13500 Introduction to Health & Kinesiology
- 3 ___ HK 21500 Basic Health Studies
- 3 ___ HK 26100 Applied Anatomy and Kinesiology (prerequisite BIOL 20400)
- 3 ___ HK 26300 Biomechanical Foundations of Motor Skills (prerequisites MATH 15200 or equiv, BIOL 20300)
- 2 ___ HK 26601 Introduction to Health/Fitness Programming (prerequisite HK 21500)
- 1 ___ HK 26900 Practicum Introduction and Preparation (prerequisite HK 21100)
- 3 ___ HK 30200 Applied Clinical Anatomy (prerequisite BIOL 20400)
- 3 ___ HK 36600 Health Behavior and Health Promotion (prerequisite HK 26601)
- 3 ___ HK 36800 Exercise Physiology I (prerequisite BIOL 20400)
- 3 ___ HK 37200 Sport and Exercise Psychology I
- 3 ___ HK 38500 Methods of Health Promotion and Education (prerequisite HK 26601)
- 3 ___ HK 46800 Exercise Physiology II (prerequisite HK 36800)

C. REQUIRED COURSES IN ANOTHER DEPARTMENT.....6

- 3 ___ FN 30300 Essentials of Nutrition
- 3 ___ CDFS 21000 Introduction to Human Development

D. SPECIALIZATION TRACKS REQUIRED FOR MAJOR—**CHOOSE ONE**.....8

HEALTH EXERCISE SPECIALIST

- 1 ___ 1 ___ HK 31100 Clinical Applications of Health/Fitness Concepts 2 (prerequisite HK 11800, HK 11900 & HK 21100)
- 1 ___ 1 ___ HK 41100 Clinical Applications of Health/Fitness Concepts 3 (prerequisite HK 31100)
- 1 ___ HK 49200 Professional Work Experience IV (prerequisite HK 26900, HK 31100)
- 3 ___ HK 56900 Exercise Testing & Prescription for Special Populations (prerequisite HK 42200)

SPORT PERFORMANCE EMPHASIS

- 1 ___ 1 ___ HK 31100 Clinical Applications of Health/Fitness Concepts 2 (prerequisite HK 11800, HK 11900 & HK 21100)
- 1 ___ 1 ___ HK 41100 Clinical Applications of Health/Fitness Concepts 3 (prerequisite HK 31100)
- 1 ___ HK 49200 Professional Work Experience IV (prerequisite HK 26900, HK 31100)
- 3 ___ HK 31200 Exercise Testing & Prescription for Sport (prerequisite HK 11800)

TOTAL REQUIRED FOR THE MAJOR64

Students must earn a C- or better in all HK courses (including previous PE, H&S, and HPER).

Students completing this major will be eligible to take the ACSM Certified Health Fitness Specialist Exam or NSCA Certified Strength & Conditioning Specialist Exam.

Health & Fitness Concentration
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Suggested Arrangement of Courses: (Students must earn a **C-** or better in HK courses)

Credits	Fall 1st Year	Prerequisite	Credits	Spring 1st Year	Prerequisite
4	BIOL 20300* (Summer/Fall Only)		4	BIOL 20400 (Spring Only)	BIOL 20300
3	COM 11400*		3-4	ENGL 10600/10800*	
3	Foreign Language (FLL) 10100		3	FLL 10200	FLL 10100
2	HK 11101 (Fall Only)		2	HK 11300 (Spring Only)	HK 11101
3	MA 15200/15300*		1	HK 13500	
			2	HK 28000	
15			15-16		

Credits	Fall 2nd Year	Prerequisite	Credits	Spring 2nd Year	Prerequisite
3	FLL 20100	FLL 10200	3	FLL 20200*	FLL 20100
1	HK 11800 (Fall Only)	HK 11101	1	HK 11900	HK 11101
1	HK 21100	HK 11300, HK 28000	1	HK 21100	HK 21100
3	HK 30200 (Fall Only)	BIOL 20400	3	HK 21500	
3	HK 36800	BIOL 20400	3	HK 26100	BIOL 20400
3	HK 42100	BIOL 20400	3	HK 26300	BIOL 20300, MA
3	PSY 12000*		3	HK 42200	HK 42100
17			17		

Passing score on ACSM or NSCA Certified Personal Trainer exam required to continue

Credits	Fall 3rd Year	Prerequisite	Credits	Spring 3rd Year	Prerequisite
3	Racial & Ethnic Diversity*		3	CDFS 21000	
2	HK 26601	HK 21500	3	Other Cultures*	
1	HK 31100 21100	HK 11800, HK 11900, HK 21100	3	Social Ethics*	
3	HK 37200		3	FN 30300*	
3	HK 46800	HK 36800	1	HK 31100	HK 31100
3	U.S. Tradition*		3	HK 36600	HK 26601
15			16		

Credits	Fall 4th Year	Prerequisite	Credits	Spring 4th Year	Prerequisite
1	HK 26900	HK 21100	3	Aesthetic Awareness*	
3	HK 31200**	HK 11800	3	Gender Issues*	
	OR		3	Global Perspective*	
	HK 56900**	HK 42200	1	HK 41100	HK 41100
3	HK 38500	HK 26601	1	HK 49200 (Internship)	HK 26900, HK 31100
1	HK 41100	HK 31100	3	Western Heritage*	HK 41100
3	HK 42400 (Fall Only)	HK 26601			
3	STAT 11300/30100*				
2-3	Elective				
16-17			14		

*Satisfies a Liberal Arts Core Requirement (can be taken in any order)

Total Credits: 126

**Course choice dependent on Specialization Track

Important Sequence of Classes

Graduation Requirements

- 126 credits
- 32 graded credits at 300+ level
- 2.0 GPA
- 'C-' or better in HK courses
- CLA Core

