

This program is offered online with the option of off-site seminars. Students may also enroll to take this program residentially.‡

OBJECTIVES

The objective of the Bachelor of Science in Health Fitness Specialist degree program is to provide students with industry knowledge and skills required for entry-level positions in the health, fitness, and wellness industry. The curriculum combines scientific studies with material from leading industry experts. Elective seminars provide students with opportunities to earn nationally-recognized certifications. Advanced management courses provide skills necessary for career placement and advancement. This program prepares students for employment as managers, personal trainers, and consultants, working in public, private, and government settings including health clubs, commercial fitness centers, corporate fitness/wellness centers, university wellness/adult fitness centers, municipal/city recreation/family centers, and worksite health-promotion organizations. General education requirements in the areas of communication, social science, natural science, and humanities provide analytical and communication skills as well as a global perspective of diverse cultures.

The goal of this program is to prepare graduates who are able to:

1. Identify anatomical structures, joint functions, and the mechanics of human movement.
2. Summarize the role of nutrition in promoting health and affecting body processes throughout the life cycle.
3. Select appropriate fitness assessments, interpret results, and utilize data to design relevant exercise programs for various populations.
4. Predict anatomical and physiological responses to exercise.
5. Integrate web-based marketing tools to enhance client communication, increase sales, and improve fitness program effectiveness.
6. Summarize and employ advanced concepts of sport psychology, nutrition, programming, and administration.
7. Demonstrate appropriate written and verbal communication skills.
8. Evaluate the quality of multiple viewpoints, arguments, and evidence and distinguish between fact and opinion.
9. Exhibit social responsibility and examine the diverse cultures and value systems of our global community.

CORE REQUIREMENTS

Class #	Class Name	Credits
BS105	Introduction to Business	5
BS110	Business Communications	4
BS180	Supervisory Management	4
BS200	Small Business Management	4
BS311	Organizational Behavior	4
BS340	Leadership and Management	4
BS430	Business Ethics	4
CL131	MS Office Applications I	3
HR300	Human Resource Management	4
HS102	Introduction to Exercise Science	2
HS141	Human Anatomy	5
HS150	Kinesiology	4
HS201	Biomechanics	3
HS211	General Nutrition	3
HS240	Fitness Analysis	3
HS248	Exercise Prescription: Theory of Exercise	3
HS254	Exercise Prescription for Special Populations	4
HS265	Exercise Physiology	4
HS287	Worksite Health Promotion	3
HS300	Sport Nutrition	4
HS301	Sports Psychology	4
HS321	Principles in Child Fitness	3
HS351	Externship Training	6
HS400	Sales and Marketing of Fitness Programs	3
HS405	Online Coaching and Personal Training Skills	3
HS407	Advanced Youth Fitness Development	4
MA100	Medical Terminology	4
MA110	Anatomy and Physiology	5
MK205	Marketing	4
MK220	Sales Management	3
PD250	Career Development	1

Students will select a minimum of 12 credits from courses listed below:

HR320	Workplace Diversity Issues	4
HR350	Recruitment and Retention	4
HR400	Training and Development	4
HR440	Change Management	4
HS327	Resistance Training Specialist I◊	2
HS328	Resistance Training Specialist II◊	2
HS329	Resistance Training Specialist III◊	2
HS331	Muscle Activation Techniques Jumpstart I◊	2
HS332	Muscle Activation Techniques Jumpstart II◊	2
HS333	Muscle Activation Techniques Jumpstart III◊	2
MK330	Service Marketing	4

Total Core Minimum Credit Requirement **126**

NOTES

- ‡Students will be expected to take some online coursework.
- ◊These elective courses have a practicum component/experience that is available in various locations nationwide. These courses will also be offered annually in Minnesota for residential and online students. In order to achieve certification in Muscle Activation Techniques Jumpstart or Resistance Training Specialist 123, students must complete all three courses and pass a practical and written exam.

HEALTH FITNESS SPECIALIST‡

GENERAL EDUCATION REQUIREMENTS

A student pursuing a bachelor’s degree is required to earn a minimum of 54 credits from the general education courses listed below, demonstrating a solid grounding in the liberal arts. A minimum of six credits must be earned in each of the following disciplines: communications, humanities, natural science and mathematics, and social science.

Class #	Class Name	Credits
COMMUNICATIONS		
CM111	Speech Communications	4
CM121	Composition (required)	4
CM200	Intercultural Communications	4
CM210	Creative Writing	4
CM220	Art of Persuasion	4
CM230	Mass Communication	4
CM320	Writing and Research	4
HUMANITIES		
HU100	Introduction to Humanities	4
HU121	Film in Society	4
HU125	World Music	4
HU130	Spanish I	4
HU150	Introduction to Literature	4
HU200	Art in the Modern World	4
HU230	Spanish II	4
HU310	The Novel	4
HU315	World Literature	4
NATURAL SCIENCE and MATHEMATICS		
^Students must complete either NS112 or NS116		
NS105	Biology	4
NS111	Environmental Issues	4
NS112	Topics in Mathematical Reasoning (required)^	4
NS116	College Algebra I (required)^	4
NS121	Earth Science	4
NS126	Chemistry Today*	4
NS135	Microbiology	4
NS140	Anatomy and Physiology I	4
NS150	Anatomy and Physiology II	4
NS216	College Algebra II	4
NS305	Statistics I	4
NS320	Introduction to Decision Systems	4
NS351	Statistics II	4
SOCIAL SCIENCE		
SS103	Global Citizenship (required)	2
SS116	Introduction to Psychology (required)	4
SS123	History of American Music	4
SS130	Law in Society	4
SS140	Interpersonal Relations (required)	4
SS145	Introduction to Macroeconomics	4
SS200	Introduction to Microeconomics	4
SS205	Sociology	4
SS210	Developmental Psychology	4
SS230	Psychology of Personality	4
SS311	Human Behavior	4
SS331	International Economics	4
SS360	Abnormal Psychology	4
Total General Education Minimum Credit Requirement		54
Total Program Minimum Credit Requirement		180

NOTES

- Students may be required to complete Foundations of Mathematics I and/or II and Foundations of Writing I and/or II based upon competency exam scores.
- Students are required to complete 30% of the program at the 300/400 level.
- *Offered only at the Richfield, MN campus.