

Note: This document is for informational purposes only!

Last curriculum catalog change: 2026-2027

Fitness and Wellness Leadership (FWL) Major

Department of Kinesiology

Name _____

TU ID# _____

Fitness and Wellness Leadership Major Requirements		
Course #	Course Title	Credits
FWL Required Courses (51 CH)		
KNES 220	Sport Across the Lifespan	3
KNES 235	Foundations of Fitness and Wellness (CORE 11)	3
KNES 312	Fundamentals of Exercise Physiology and Biomechanics	3
KNES 315	Care and Prevention of Athletic Injuries	3
KNES 331	Foundations of Coaching	3
KNES 351	Philosophy: The Sport Experience (CORE 9)	3
KNES 355	Psychology of Sport	3
KNES 363	Nutrition for Exercise and Sport	3
KNES 372	Organization and Administration of Physical Activity Programs	3
KNES 449	Leadership for Sport Professionals	3
KNES 451	Internship in Fitness and Wellness Leadership	3
FWL Elective Courses (must be from defined list on back of page)		18
Additional Required Courses (14 CH)		
BIOL 191/L^a	Introductory Biology for Health Professions (CORE 7)	4
BIOL 220^b	Essentials of Human Anatomy and Physiology	4
HLTH 103	EMC, First Aid and Safety	3
PSYC 101	Introduction to Psychology (CORE 6)	3
Total Credit Hours Earned		65

^a BIOL 200 and BIOL 200L (4 units total) may also be accepted toward the requirement of BIOL 191 and BIOL 191L.

^b BIOL 221, BIOL 221L, BIOL 222 and BIOL 222L (8 units total) may also be accepted toward the requirement of BIOL 220.

SAMPLE FOUR-YEAR PLAN

Freshman

Term 1	CH	Term 2	CH
HLTH 103	3	BIOL 191 & 191L (CORE 7)	4
PSYC 101 (CORE 6)	3	KNES 220	3
CORE 1 (or CORE 2)	3	KNES 235 (CORE 11)	3
CORE 4	3	CORE 2 (or CORE 1)	3
CORE 5	3	CORE 3	3
15		16	

Sophomore

Term 1	CH	Term 2	CH
BIOL 220	4	FWL Elective	3
KNES 355	3	KNES 312	3
CORE 12	3	CORE 8	4
CORE 13	3	CORE 10	3
CORE 14	3	Elective	3
16		16	

Junior

Term 1	CH	Term 2	CH
FWL Elective	3	FWL elective	3
KNES 315	3	KNES 363	3
KNES 331	3	KNES 372	3
KNES 351 (CORE 9)	3	Elective	3
Elective	3	Elective	3
15		15	

Senior

Term 1	CH	Term 2	CH
FWL elective	3	KNES 451	3
FWL elective	3	FWL Elective	3
KNES 449	3	Elective	3
Elective	3	Elective	3
Elective	3		
15		12	

Total Credits: 120

Approved FWL Elective Courses (Select **two** from the following)

KNES 271	Special Topics in Exercise Science (Concepts of Personal Training)
KNES 299	Resistance Training: Techniques and Principles
KNES 318	Scientific Foundations of Strength Training and Conditioning
KNES 328	Tests and Assessments of Fitness and Athletic Performance
KNES 337	Advanced Sport Coaching: Developing Performance in Athletes and Teams
KNES 407	Advanced Principles of Strength and Conditioning: Program Design

Approved FWL Elective Courses (Select **four** from the following)^{c,d}

KNES 217	Functional Anatomy
KNES 271	Special Topics in Exercise Science (Concepts of Personal Training)
KNES 299	Resistance Training: Techniques and Principles
KNES 301	Introduction to Recreation and Leisure
KNES 318	Scientific Foundations of Strength Training and Conditioning
KNES 320	Culture, Health, and the City
KNES 328	Tests and Assessments of Fitness and Athletic Performance
KNES 337	Advanced Sport Coaching: Developing Performance in Athletes and Teams
KNES 371	Field Experience in Exercise Science
KNES 396	Independent Study
KNES 407	Advanced Principles of Strength and Conditioning: Program Design
KNES 418	Sport Facility Management and Operations
KNES 451	Internship in Fitness and Wellness Leadership

Notes regarding FWL electives:

^c At least two courses must be at the upper level.

^d Electives cannot be satisfied by courses elsewhere in the curriculum.

Pre-requisite Information for FWL Courses

KNES 217	BIOL 220
KNES 220	FWL major
KNES 271	FWL major
KNES 299	BIOL 220
KNES 301	FWL major
KNES 312	BIOL 220
KNES 315	BIOL 220
KNES 318	BIOL 220
KNES 320	ENGL 102
KNES 328	BIOL 312
KNES 331	KNES 235 and FWL major
KNES 337	KNES 331
KNES 351	ENGL 102 and junior/senior status
KNES 355	PSYC 101
KNES 363	BIOL 220 and FWL major
KNES 371	Department consent
KNES 372	KNES 331
KNES 396	Department consent
KNES 407	KNES 312, KNES 318
KNES 418	FWL major and junior/senior status
KNES 449	KNES 372
KNES 451	KNES 372 and department consent

IMPORTANT NOTES:

Students are expected to keep track of their completion of graduation requirements using the Academic Requirement Report available on their student account. It is recommended that students take approximately 30 credit hours per academic year (Fall, Winter, Spring, and Summer) in order to graduate within four years. Use the suggested degree plan as a guideline.

A minimum of 120 credit hours is required to graduate which may require general elective credits. Taking additional FWL electives is strongly advised to gain other FWL-related skill competencies and experiences. Students interested in a post-graduate program should consider grad program pre-requisites when choosing general electives. Students who are making good progress towards timely degree completion may also want to explore adding an additional major/minor.

A grade of "C" or better must be earned in all courses required for the FWL major. If the required grade is not achieved, the course may be repeated a second time without permission. Students may not make a third attempt of a course except with prior approval. Students must complete a Petition for a Third Attempt Form before registering for the course. Third attempts are generally not approved except when extenuating circumstances have occurred. Repeated credits will inaccurately appear as counting twice until AFTER the course is completed the second time – be aware of this when considering credit totals while repeating course work.