

## Fitness and Wellness Leadership Major Department of Kinesiology

Name \_\_\_\_\_

TU ID# \_\_\_\_\_

Fitness and Wellness Leadership Major Requirements		
Course #	Course Title	Credits
<b>FWL Core Courses (48 CH)</b>		
KNES 217	Functional Anatomy	3
KNES 220	Sport Across the Lifespan	3
KNES 235	Foundations of Fitness and Wellness (CORE 11)	3
KNES 301	Intro. to Recreation and Leisure	3
KNES 312	Fund. of Exercise Physiology & Biomechanics	3
KNES 315	Care and Prevention of Athletic Injuries	3
KNES 320	Health, Culture, and the City (CORE 10)	3
KNES 331	Foundations of Coaching	3
KNES 337	Adv. Coach.: Developing Performance in Athletes/Teams	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 Sport Programs	3
KNES 418	Sport Facility Management and Operations	3
KNES 449	Leadership for Sport Professionals	3
KNES 451	Internship in Fitness and Wellness Leadership	3
<b>Additional Required Courses (17 CH)</b>		
BIOL 191/L	Intro. to Biology for Health Professions (CORE 7)	4
BIOL 220	Essentials of Human Anatomy & Physiology	4
HLTH 101	Wellness for a Diverse Society	3
HLTH 103	EMC, First Aid, and Safety	3
PSYC 101	Introduction to Psychology (CORE 6)	3
<b>Total Credit Hours Earned</b>		<b>65</b>

### SAMPLE FITNESS AND WELLNESS LEADERSHIP DEGREE PLAN

#### Freshman

Term 1	Units	Term 2	Units
HLTH 101	3	HTLH 103	3
TSEM 102 (Core 1)	3	KNES 235 (Core 11)	3
PSYC 101 (Core 6)	3	BIOL 191/L (Core 7)	4
Core 4	3	Core 3	3
Core 5	3	ENGL 102 OR 190 (Core 2)	3
	<b>15</b>		<b>16</b>

#### Sophomore

Term 1	Units	Term 2	Units
BIOL 220/L	4	KNES 217	3
KNES 220	3	KNES 320 (Core 10)	3
Core 12	3	KNES 301	3
Core 13	3	Core 8	4
General Elective	3	General Elective	3
	<b>16</b>		<b>16</b>

#### Junior

Term 1	Units	Term 2	Units
KNES 312	3	KNES 337	3
KNES 331	3	KNES 372	3
KNES 355	3	KNES 351 (Core 9)	3
KNES 315	3	Core 14	3
General Elective	3	General Elective	3
	<b>15</b>		<b>15</b>

#### Senior

Term 1	Units	Term 2	Units
KNES 363	3	KNES 449	3
KNES 418	3	KNES 451	3
General Elective	3	General Elective	3
General Elective	3	General Elective	3
General Elective	3		<b>12</b>
	<b>15</b>		

**Total Units: 120**

### Fitness and Wellness Leadership (FWL) Required Courses

KNES 217	Functional Anatomy for Exercise Science
KNES 220	Sport Across the Lifespan
KNES 235	Foundations of Fitness and Wellness
KNES 301	Introduction to Recreation and Leisure
KNES 312	Fundamentals of Exercise Physiology and Biomechanics
KNES 315	Care and Prevention of Athletic Injuries
KNES 320	Culture, Health, and the City
KNES 331	Foundations of Coaching
KNES 337	Advanced Sport Coaching: Developing Performance
KNES 351	Philosophy: The Sport Experience
KNES 355	Psychology of Sport
KNES 363	Nutrition of Exercise and Sport
KNES 372	Organization and Administration of Phys Act Programs
KNES 418	Sport Facility Management and Operations
KNES 449	Leadership for Sport Professionals
KNES 451	Internship in Fitness and Wellness Leadership

### Prerequisite Information for FWL courses

<u>Course</u>	<u>Prerequisite(s)</u>
KNES 217	BIOL 220 and FWL major
KNES 220	FWL major
KNES 235	
KNES 301	KNES 235
KNES 312	BIOL 220
KNES 315	KNES 217
KNES 320	ENGL 102
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 372	KNES 331
KNES 418	FWL major, and junior/senior status
KNES 449	KNES 372
KNES 451	KNES 372

### 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. 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 academic major and minor.** 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. 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.