



Option 1: *EXSPScience Fitness/Wellness*

Fitness/Wellness

This undergraduate program at Temple University combines the study of the Discipline of Kinesiology with the specific knowledge, skills and beliefs required for success in a variety of professional settings. The program meets or exceeds the recommendations for undergraduate preparation for both the Health-Fitness Specialist and the Exercise Specialist certification as recommended by the American College of Sports Medicine (ACSM) and for the Certification Programs of the National Strength and Conditioning Association (NSCA). The curriculum also meets the recommendations and suggested competencies set forward by the National Association for Sport and Physical Education (NASPE) for exercise science programs. Successful graduates of the exercise and sport science program go on to apply their degrees in a variety of professional settings whose primary focus is in the following areas:

- A. Sports Specific Fitness (Strength and Conditioning Coach)
- B. Peak Performance Enhancement (Conditioning and Personal Training)
- C. Adult Fitness
- D. Health-Related Fitness
- E. Employee Health and Fitness
- F. Community Health and Fitness
- G. Geriatric Health and Fitness (Optimal Aging)
- H. Therapeutic Exercise (Exercise Specialist)

Successful exercise and sport science graduates most often find entry-level positions in closely supervised health-fitness programs within business and industry or in a variety of clinical exercise settings. These settings provide health-fitness and wellness services to members of special populations such as the athlete, the adult worker, the obese individual, the diabetic or the victim of cardiovascular disease. A new generation of health-related fitness centers is gaining popularity in the commercial fitness and the community-based environment such as those offered by the Young Men's Christian Association (YMCA). Personal training opportunities continue to provide meaningful and relevant work for the exercise scientist.

Interest in fitness, health and wellness continues to grow. Unfortunately, so do the numbers of people who suffer from chronic diseases associated with a sedentary lifestyle like obesity and heart disease. The exercise scientist provides an important leadership role in fitness and health promotion, risk factor identification and modification and can work with clients and patients to help optimize their exercise, physical activity and lifestyle management programs. The goal of exercise and sport science remains to help all individuals achieve an optimal level of well-being and to maximize their full physical potential.



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The *Kinesiology-EXSPScience Fitness/Wellness* program is a four-year program of study consisting of 84 hours of course work to include a full semester internship. The required courses and the suggested semester-by-semester plan are as follows:

KN 1201 Introduction to Kinesiology
 KN Forms of Movement (FM) and KN 1202
 KN 1223 Human Anat & Physio I
 KN 1224 Human Anat & Physio II
 KN 1444 Movt. Injuries: Prev + Care
 KN 2203 Physiol of Physical Act
 KN 2204 Motor Behavior
 KN 2362 Intro to Exer and Spt Sci
 KN 2364 Applied Tech in Kinesiol
 KN 3202 Biomech of Physical Act
 KN 3296 Social-Psych of Phys Act
 KN 3363 Basic Electrocardiography
 KN 3368 Prin Hlth Fit Pgm Mgt
 KN 4279 Hist & Philo of Kines
 KN 4311 Adv Physiol of Exercise
 KN 4312 Exer + Nutrient Metab
 KN 4313 Exercise + Aging
 KN 4314 NM Prin Strengths & Cond
 KN 4334 Intro Ex. Testing
 KN 4385 Internship in Ex and Spt Sci
 PH 1104 Nutrition and Health
 PH 3103 Health Counseling
 Advanced First Aid/CPR/AED or equivalence

All program courses must be completed with a grade of C- or higher.

The four-year program of study follows:

Bachelor of Science Degree in Kinesiology (KN)
Exercise and Sport Science - Fitness/Wellness 4-Year Plan

Freshman

Fall		Spring	
Course	Credit	Course	Credit
KN 1201 Introduction to Kinesiology	3	AC R American Culture/WI	3
KN 1223 Human Anat & Physio I	4	KN 1224 Human Anat & Physio II	4
Quant Analysis (QA)	3	Psych 1061 Psychology as a Social	
Eng 1002 Composition	3	Science	3
KN Forms of Movement	1-2	Lang/Int'l Std's (LA)/(IS)	3
ELECTIVE	3	KN Forms of Movement	1-2
	17-18	ELECTIVE	3
			17-18

Sophomore

Fall		Spring	
Course	Credit	Course	Credit

KN 1202 Concepts in Hlth-Rel Fit	2	KN 2364 Applied Tech in Kinesiol	3
KN 2203 Physiol of Physical Act	4	Analysis (QB) (Statistics)	3
Lang/Int'l Std's (LA)/(IS)	3	IH 1297 Intellectual Heritage	3
IH 1196 Intellectual Heritage	3	KN 2362 Intro to Exer and Spt Sci	3
PH 1104 Nutrition and Health	3	KN Forms of Movement	1
KN Forms of Movement	1-2	ELECTIVE	3
	16-17		16-17

Junior

Fall		Spring	
Course	Credit	Course	Credit
KN 3363 Basic Electrocardiography	3	KN 1444 Movt. Injuries: Prev + Care	3
KN 3202 Biomech of Physical Act	4	KN 4312 Exer + Nutrient Metab-UG	3
KN 2204 Motor Behavior	3	KN 4313 Exercise + Aging-UG	3
KN 3296 Social-Psych of Phys Act	3	KN 4314 NM Prin Strengths & Cond	4
KN 4311 Adv Physiol of Exercise	3	RS Studies in Race/WI	3
	16		16

Senior

Fall		Spring	
Course	Credit	Course	Credit
AR Art Core	3	KN 4385 Internship in Ex and Spt Sci	12
KN 3368 Prin Hlth Fit Pgm Mgt	3	ELECTIVE	2-3
KN 4279 Hist & Philo of Kines	3		
KN 4334 Intro Ex. Testing*	4		14-15
PH 3103 Health Counseling	3		
	16		

Note. Writing electives should be taken within other Core requirements.

KN Forms of Movement (activity course or workshop)

Advanced First Aid/CPR/AED or equivalency required for enrollment.