

# FITNESS (FIT)

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## **FIT 100 - EXERCISE SCI**

This course will examine contemporary fitness and exercise issues, conditions, and practices in light of the physical, mental, social, and cultural aspects of health and well-being. This course will also discuss the importance of lifestyle and self-responsibility for achieving health and wellness. Students will develop and implement a personal wellness plan in a fitness center.

Credits: 3

## **FIT 101 - INTERCL PARTIC1**

Open to students participating in intercollegiate team activities. Students engage in teambuilding, leadership development, and fitness training while enrolled in these classes.

Credits: 1

## **FIT 102 - INTERCL PARTIC2**

Open to students participating in intercollegiate team activities. Students engage in teambuilding, leadership development, and fitness training while enrolled in these classes.

Credits: 1

## **FIT 103 - INTERCL PARTIC3**

Open to students participating in intercollegiate team activities. Students engage in teambuilding, leadership development, and fitness training while enrolled in these classes.

Credits: 1

## **FIT 104 - INTERCL PARTIC4**

Open to students participating in intercollegiate team activities. Students engage in teambuilding, leadership development, and fitness training while enrolled in these classes.

Credits: 1

## **FIT 140 - HUMAN PERFORM**

In this class, various health conditions, risk factors and medications will be explored in relation to the ability to exercise safely. The relationship between health/fitness and productivity will be discussed. Students complete the AHA, CPR, AED, first-aid and blood-borne pathogens certifications.

Credits: 3

## **FIT 150 - FITNESS TRENDS**

This course will examine current fitness trends within the fitness industry. Students will understand the staying power of trends within the fitness industry compared to historic data and future predictions. Relevant content for the course is derived from the Worldwide Survey of Fitness Trends, a survey sent out to thousands of fitness professionals annually. Students will learn how to leverage the trends to their advantage within the fitness and exercise industry. Learners in this course will also be able to determine how the current fitness trends discussed in this course can be incorporated into their own business model and also decide how they will promote the expansion of the fitness, exercise, health and wellness industries.

Credits: 3

## **FIT 165 - SPORT NUTRITION**

SPORT NUTRITION

Credits: 3

## **FIT 180 - FITNESS ASSESS**

This course provides models for development of programs of exercise and activity including content, combination and sequencing. Individual and group assessment of fitness status, needs and goals will be looked at to enable realistic goal setting. Students will apply appropriate instruction and assessment methodologies and use effective communication skills to ensure safe and beneficial participation for a variety of clients.

Credits: 3

## **FIT 192 - ATHL TRAINING**

This course will examine the duties of an athletic trainer as part of a team approach to caring for injured and ill athletes. The students will also look at both the prevention and management of injuries and illnesses. The topics include professionalism in athletic training, risk factors in sport participation, pre-participation physical exams, fitness testing, strength and conditioning, preventive efforts including environmental concerns and protective device and emergency care. Labs will include athletic taping.

Credits: 3

## **FIT 210 - EXER PRGM DES**

EXER PRGM DES

Credits: 3

## **FIT 222 - KINESIO AND BIO**

Students will study the mechanics of human movement in relation to muscles, bones, joints and nerves. The course will examine strength training, sport and exercise from a physiological and biomechanical perspective. The components of a conditioning program, as well as the methods used to determine appropriate conditioning intensives will be addressed.

Credits: 3

## **FIT 225 - EXERCISE EXTERN**

This course consists of 100 externship hours in an athletic training environment under the supervision of an athletic trainer or fitness professional. Students will shadow, observe and assist in treatment and interaction with clients, athletes and coaches. The externship will emphasize exercise modalities necessary for effective sport and exercise participation, as well as rehabilitation from injuries. This course is graded Pass/No Pass. (Prerequisites: FIT 180 & FIT 290)

Credits: 3

Prerequisites: FIT 180

## **FIT 235 - NUTRITION SPORT**

This class will discuss the role of nutrition and food intake in the health and well-being of the individual. Fundamentals of nutrient metabolism and nutrient requirements in physical performance and disease prevention will be reviewed. Students will learn to identify nutrient dense foods and prepare and select meals for optimal performance and recovery post-event.

Credits: 3

## **FIT 265 - SPORTS INJURY**

This course will introduce the necessary skills and competencies required for the treatment of the most common sports-related injuries along with the study of the principles of Sports Medicine. This course is designed for you to gain an understanding of basic theories and techniques used in the management of injuries that typically occur in the athletic population. This course will also provide guidelines and recommendations for administrative consideration to manage athletically-related injuries.

Credits: 3

**FIT 275 - STRENGTH COND**

Within this evidence-based course, students will be analyzing and critiquing techniques currently in use by the National Strength & Conditioning Association (NSCA). A student-centered approach will also be incorporated by making students participants in their own learning process. The various program designs will be discussed in detail through lecture, journals and video demonstrations. In this course, students will recognize daily functional movements in their classmates, develop a comprehensive program with corrective strategies to optimize functional daily movement. After implementation of these corrective strategies, they will analyze and critique the effectiveness of their program design.

(Prerequisites: FIT 100, FIT 140 & FIT 180)

Credits: 3

Prerequisites: FIT 100

**FIT 290 - EXER PROG DES**

This course will provide the student with the knowledge and skills to develop realistic, measurable short- and long-term goals through evaluation of a client's needs, expectations, and health, fitness, and lifestyle assessments. The American College of Sport Medicine (ACSM) competencies on exercise program design will also be integrated throughout the course. Students design a safe, well balanced, comprehensive physical activity exercise program implemented in a fitness environment. Motivational and communication techniques will be reviewed. (Prerequisites: FIT 100, FIT 140 & FIT 180)

Credits: 3

Prerequisites: FIT 100

**FIT 310 - CONTEMP ISSUES**

This course will provide an overview of the common nutrition and food security assessment tools. Using practical application, students learn to select and apply these concepts in the nutritional care of clients in clinical, community, and research settings. Additionally, issues of validity and reliability of these methods will be addressed.

Credits: 3

**FIT 320 - SPORT SAFETY**

Based on information provided by the American Sport Education Program (ASEP), students will learn from a coaching perspective 'best practices' to perform in first aid situations. Students develop skills related to athletic injuries that occur in an athletic environment. Topics include: Checking an Unconscious Athlete; Asthma; Sudden Illness; Heat Related Illnesses; Wounds; Injuries to the head, Neck and Spine; Psychological and Mental Health Problems. (ASEP's Sport First Aid Certification exam is offered).

(Prerequisite: FIT 140 (with CPR/AED/Bloodborne Pathogens, and First Aid Certification offered through FIT 140)

Credits: 3

Prerequisites: FIT 140

**FIT 325 - COACHING & MOTIV**

A variety of areas will be covered for effective coaching that include leadership philosophy, team and staff management, as well as motivational techniques. Students will learn how to observe, evaluate, and provide proper feedback for all sports levels. Focus will be on the importance of communication and proper sportsmanlike behavior in the sports industry. The University's cadre of coaches will provide applied insight for students to observe theory in actual practice.

(Prerequisite: FIT 140 (with CPR/AED/ Bloodborne Pathogens, and First Aid Certification offered through FIT 140)

Credits: 3

Prerequisites: FIT 140