FITNESS (FIT)

FIT 100 - INTRODUCTION TO EXERCISE SCIENCE & NUTRITION
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 nutritional considerations, lifestyle and self-responsibility for achieving health and wellness.
Credits: 3

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 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 - ATHLETIC TRAINING & TAPING
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. Students will practice athletic taping.
Credits: 3
Prerequisites: FIT 100

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 INJURIES & TREATMENT
This course will introduce the necessary skills and competencies required for the treatment of 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.
Credits: 3
Prerequisites: FIT 100

FIT 310 - CONTEMPORARY ISSUES IN SPORT
This course offers exploration of a broad overview of current topics in sport and recreation that are affecting society today. Personal and societal attitudes that affect topics covered will be examined to see how they relate to health choices and outcomes. It critically and factually examines the sport of today's society, particularly in the United States.
Credits: 3

FIT 320 - SPORT SAFETY TRAINING
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 (may be taken concurrently)

FIT 325 - COACHING & MOTIVATION IN SPORT
This course will introduce students to many principles of coaching that are applicable across all sports. It will cover a variety of areas for effective coaching that includes philosophy, team and staff management, and 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. Human Kinetics/American Sport Education Program (ASEP) Coaching Principles credential is offered.
Credits: 3
Prerequisites: FIT 140 (may be taken concurrently)

FIT 350 - EXERCISE AS SPORTS MEDICINE
This course is designed to investigate the need of exercise for our overall health. Exercise will be examined from a medical viewpoint by categorizing the influence of exercise over the lifespan of a person. Additionally, students will investigate the public health impact and economics of poor health that results from sedentary life styles.
Credits: 2
Course Notes: ENHS majors with 60 hours or more

FIT 375 - STRENGTH & CONDITIONING
Within this evidence based course, students will analyze and critique techniques currently in use by the National Strength and Conditioning Association (NSCA). Program designs will be discussed in detail through lecture, journals, hands-on, and video demonstrations. Students will recognize daily functional movements in their classmates, develop a comprehensive program with corrective strategies to optimize functional daily movement. After implementation of corrective strategies students will analyze and critique the effectiveness of the program design.
Credits: 3
Prerequisites: FIT 100
Course Notes: Students will not receive credit for both courses (FIT275, Strength Conditioning) and (FIT375 Strength, Conditioning).

FIT 390 - EXERCISE PROGRAM DESIGN
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 (ASCM) 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 for various populations.
Credits: 3
Prerequisites: FIT 100
Course Notes: Students will not receive credit for both courses (FIT290, Exercise Program Design) and (FIT390 Exercise Program, Design).