

HEALTH AND FITNESS MANAGEMENT, BS

The Health and Fitness Management major provides students with a solid foundation concerning the management and clinical sides of preventative health care. Students will be prepared for entry and mid-level management positions in organizations providing health and fitness services, such as within:

- Commercial Fitness Centers,
- YMCA,
- Corporate Fitness/Wellness Centers,
- University Wellness/Adult Fitness Centers,
- Hospitals/Clinics with specialties in Cardiac and/or Pulmonary Rehabilitation,
- Municipal/City Recreation/Family Centers,
- Activity Centers for Older Adults,
- Community Centers and
- Worksite Health Promotion Programs.

Graduates may also pursue employment as salespersons, administrators, and managers of all types of fitness/wellness facilities. Additional opportunities exist for those who aspire to become entrepreneurs in the field and pursue health and fitness coaching/consulting.

The main objectives of the degree program are to:

- provide content/discipline foundation for careers in health and fitness management within corporate wellness centers, hospital-based fitness facilities, traditional health clubs, resorts, and others;
- enhance students' abilities to acquire and synthesize health and fitness information in a critical, scientific, and effective manner through detailed, intensive analysis and evaluation of texts and other research materials;
- provide students with relevant strategies of health promotion, illness/injury prevention, and illness/injury rehabilitation to maximize healthy outcomes of individuals, families and communities in a multicultural society;
- develop students' critical thinking and research skills to levels of excellence expected of bachelor's prepared health and fitness professionals;
- prepare students for national certification exams in the field of health and fitness; and
- enhance the preparation of students for graduate study (exercise physiology, exercise science, management, business administration, gerontology and other related fields).

The Health and Fitness Management major will include foundation courses such as anatomy and physiology I and II, survey of health and fitness professions, first aid and CPR, and introduction to management. This major will also provide students with a solid base in business and management principles by requiring courses in accounting, economics, marketing, finance, legal, ethical issues in health care, and applied human resource management. The program features courses specific to the health and fitness arena including:

- kinesiology,
- exercise physiology,

- sports psychology,
- personal health and wellness,
- prevention, care and rehabilitation of injuries,
- personal nutrition,
- principles of fitness across populations,
- substance use in fitness,
- exercise testing and prescription.

Finally, the program will involve capstone courses to ensure the students are able to synthesize all of their undergraduate coursework into meaningful application of their acquired knowledge, skills, and abilities. These courses include health and fitness management, a capstone course, and an internship.

Program Learning Outcomes

Graduates of this program will be able to:

- Identify and portray ethical behaviors and values consistent with the profession especially as they relate to risk management and injury prevention.
- Effectively communicate in writing and through oral presentations (clear, concise and coherent) on topics in health & fitness management.
- Integrate and apply knowledge to analyze current industry issues and recommend solutions and/or strategies in organizational and human performance.

Program Requirements

Code	Title	Credit Hours
<i>Core IMPACTS</i>		42
All core curriculum recommendations are shown under the Core IMPACTS section of the Undergraduate Graduation Requirements. (https://catalog.clayton.edu/graduation-requirements/undergraduate-graduation-requirements/core-curriculum/#nonsciencemajorstext)		
<i>Field of Study - Health & Fitness Management</i>		
ACCT 2101	Principles of Financial Accounting	3
BIOL 2251 & 2251L	Anatomy and Physiology I and Anatomy and Physiology Lab I	4
BIOL 2252 & 2252L	Anatomy and Physiology II and Anatomy and Physiology Lab II	4
ECON 2105	Principles of Macroeconomics	3
HFMG 1101	Survey of Health and Fitness Professions	1
HFMG 2110	First Aid & CPR	3
<i>Upper Division Major Requirements</i>		
MGMT 3101	Mgmt. Prin. & Org. Behavior	3
HFMG 3101	Kinesiology	3
HFMG 3102	Exercise Physiology	3
HFMG 3110	Personal Health and Wellness	3
HFMG 3121	Injury Prevention & Rehab	3
HFMG 3130	Principles of Fitness	3
HFMG 3140	Exercise Testing & Prescript.	3
HCMG 3520	Legal Issues in Health Care	3
HCMG 3550	Ethical Issues in Health Care	3
MGMT 4101	Human Resource Management	3
MGMT 3520	Negotiation and Conflict Mgmt.	3

	or MGMT 4102 Organizational Behavior	
MKTG 3101	Principles of Marketing	3
FINA 3100	Personal Financial Management	3
HLTH 3341	Cultural Diversity in Health and Illness	3
HFMG 3382	Substance Use in Health Fitness	3
HFMG 4060	Personal Nutrition for Health	3
Choose one from the following:		3
HFMG 4400	Exercise and Sport Psychology	
MGMT 4311	Entrepreneurship	
HFMG 3970	Practicum in Health & Fitness	
<i>Internship or Capstone Requirements</i>		
HFMG 4110	Health Fitness Management	3
HFMG 4970	Health & Fitness Internship/Pr	3
HFMG 4999	Health & Fitness Mgmt Capstone	3
Total Credit Hours		120

Suggested Course Sequence

Please Note: This is a suggested course sequence and assumes a starting freshman with no prior college credit who intends to complete their degree in four years. Students should consult with their academic advisor and review the course prerequisites and minimum grade requirements as seen in the Academic Catalog.

Course	Title	Credit Hours
First Year		
First Semester		
ENGL 1101	English Composition I <small>Core IMPACTS</small>	3
MATH 1101	Intro to Mathematical Modeling <small>Core IMPACTS</small>	3
CRIT 1101	Critical Thinking <small>Core IMPACTS</small>	3
POLS 1101	American Government <small>Core IMPACTS</small>	3
Behavioral Science	<small>Core IMPACTS (S)</small>	3
CSU 1000	First Year Seminar	1
Credit Hours		16
Second Semester		
ENGL 1102	English Composition II <small>Core IMPACTS</small>	3
Communication or Foreign Language	<small>Core IMPACTS (I)</small>	3
Science Course with Lab	<small>Core IMPACTS (T)</small>	4
ACCT 2101	Principles of Financial Acct.	3
HFMG 1101	Survey-Health & Fitness Prof.	1
Credit Hours		14
Second Year		
First Semester		
ECON 2105	Principles of Macroeconomics	3
Literature, Philosophy, or Foreign Language	<small>Core IMPACTS (A)</small>	3
BIOL 2251 & 2251L	Anatomy and Physiology I and Anatomy and Physiology Lab I	4
HIST 1111 or HIST 1112 or HIST 2750 or POLS 2401	Survey-PreModern World History <small>Core IMPACTS</small> or Survey of Modern World History or Critical Trends and Issues or Intro to Global Issues	3
HFMG 2110	First Aid & CPR	3
Credit Hours		16
Second Semester		
Fine Arts or Intermediate Foreign Language	<small>Core IMPACTS (A)</small>	3
Math, Science, or Technology Course	<small>Core IMPACTS (T)</small>	3
HIST 2111 or HIST 2112	Survey of US History to 1877 <small>Core IMPACTS</small> or US HIST Since Reconstruction	3
HFMG 3110	Personal Health & Wellness	3

BIOL 2252 & 2252L	Anatomy and Physiology II and Anatomy and Physiology Lab II	4
Credit Hours		16
Third Year		
First Semester		
Science Course without Lab	<small>Core IMPACTS (T)</small>	3
HFMG 3101	Kinesiology	3
MGMT 3101	Mgmt. Prin. & Org. Behavior	3
MGMT 4101	Human Resource Management	3
HFMG 3102	Exercise Physiology	3
Credit Hours		15
Second Semester		
MKTG 3101	Principles of Marketing	3
MGMT 4102 or MGMT 3520	Organizational Behavior or Negotiation and Conflict Mgmt.	3
HFMG 3121	Injury Prevention & Rehab	3
HFMG 3382	Substance Use in Hlth Fitness	3
HSCI 3550	Ethical Issues in Health Care	3
Credit Hours		15
Fourth Year		
First Semester		
HSCI 3520	Legal Issues in Health Care	3
HLTH 3341	Cultural Diversity Health/III	3
HFMG 4110	Health Fitness Management	3
HFMG 4400	Exercise & Sport Psychology	3
HFMG 3140	Exercise Testing & Prescript.	3
Credit Hours		15
Second Semester		
HFMG 4060	Personal Nutrition for Health	3
HFMG 3382	Substance Use in Hlth Fitness	3
HFMG 4970	Health & Fitness Internship/Pr	3
HFMG 4999	Health & Fitness Mgmt Capstone	3
FINA 3100	Personal Financial Management	3
Credit Hours		15
Total Credit Hours		122