

# HEALTH AND FITNESS PROMOTION, BA

The Bachelor of Arts in Kinesiology in Health and Fitness Promotion is designed for students desiring to pursue careers in health promotion, wellness and/or fitness-related settings. Areas such as exercise and sports performance, personal fitness training, corporate wellness, recreation/leisure settings, public health management and profit/non-profit health agencies are some examples. In addition, students could pursue advanced degrees in other health and fitness-related professions but may need to complete additional course work to meet prerequisite requirements for graduate school.

Students pursuing this degree have the option of gaining the following certifications through elective class completions:

- FMS Functional Movement Screening Level 1 Certification
- NASM Personal Training Certification

Elective coursework can be used to gain a discipline specific minor or an interdisciplinary minors. Minors of interest to many Kinesiology majors include:

- Sport and Health Psychology (<https://catalog.washburn.edu/undergraduate/college-arts-sciences/interdisciplinary/sport-health-psychology-minor/>)
- Sports and Media (<https://catalog.washburn.edu/undergraduate/college-arts-sciences/interdisciplinary/sports-media-minor/>)
- Mass Media (<https://catalog.washburn.edu/undergraduate/college-arts-sciences/mass-media/mass-media-minor/>)
- Communication Studies (<https://catalog.washburn.edu/undergraduate/college-arts-sciences/communication/communication-studies-minor/>)

## Degree Requirements

In addition to the requirements stated below, students must complete 34-35 hours of General Education (<https://catalog.washburn.edu/undergraduate/programs-degrees-graduation-requirements/general-education-requirements/>), all requirements for a Bachelor of Arts (<https://catalog.washburn.edu/undergraduate/college-arts-sciences/degrees/bachelor-arts/>) degree, and any additional hours needed to reach the minimum 120 credit hours required for graduation. Some of the courses below may also fulfill general education or other degree requirements. Current CPR/First Aid/AED Certification is required at time of graduation. Please see your advisor for more information.

Code	Title	Hours
<b>Required Courses Inside Department</b>		
KN 248	Wellness Concepts and Applications	3
KN 250	Introduction to Kinesiology	2
KN 257	Prevention and Care of Athletic Injuries	3
KN 299	Assessment & Procedures in Health & Physical Activity	3
KN 300 or KN 318	Psychology of Sport and Physical Activity Exercise Psychology	3
KN 308	Nutrition for Sports & Fitness	3
KN 321	Anatomical Kinesiology	3
KN 326	Physiology of Exercise	3

KN 330	Administration of Exercise and Rehabilitation Science	3
KN 342	Teaching & Coaching Exercise & Fitness Activities	3
HL 377	Critical Issues in Health	3
KN 410	Fitness Testing and Exercise Prescription	3
Kinesiology Electives (select one course from the following)		2
KN 335	Human Factors and Ergonomics	
KN 357	Sports Performance Training and Conditioning	
KN 366	Functional Movement Screening Certification (FMS Certification)	
KN 399	Personal Training Certification (CPT Certification)	
KN 411	Current Literature in Kinesiology	
KN XXX	Other KN course 300 level or above	
KN 498	Internship: Health and Fitness Promotion (150-300 contact hours)	3
Subtotal		40
<b>Required Courses Outside Department</b>		
BI 100 & BI 101 or BI 192	Human Biology and Human Biology Laboratory General Cellular Biology	5
BI 230 or BI 255	Introduction to Human Physiology Human Physiology	3
BI 250 or BI 275	Introduction to Human Anatomy Human Anatomy	3-4
PY 100	Basic Concepts in Psychology	3
PY 326	Health Psychology	3
Select two courses from the following		6
AL 320	Human Disease	
CN 306	Health Communication	
HS 371	Mental Health and Aging	
MU 307	Music and the Brain	
SO 315	Sociology of Sport	
Non-Kinesiology Electives <sup>1</sup>		16
Subtotal		39-40
<b>Total Hours</b>		<b>79-80</b>

<sup>1</sup> Course selection should be discussed with advisor. At least 3 credit hours must be upper division.