

# FITNESS & WELLNESS LEADERSHIP MAJOR

## Requirements

The requirements for the Fitness and Wellness Leadership major include 48 units of KNES courses and 17 units outside of KNES for a total of 65 units. A minimum of 24 units of Kinesiology (KNES) courses, out of the 48 KNES units required for the Fitness and Wellness Leadership major, must be completed at Towson University.

Code	Title	Units
<b>Required Kinesiology Courses</b>		
KNES 217	FUNCTIONAL ANATOMY	3
KNES 220	SPORT ACROSS THE LIFESPAN	3
KNES 235	FOUNDATIONS OF FITNESS AND WELLNESS	3
KNES 301	INTRODUCTION TO RECREATION AND LEISURE	3
KNES 312	FUNDAMENTALS OF EXERCISE PHYSIOLOGY AND BIOMECHANICS	3
KNES 315	CARE AND PREVENTION OF ATHLETIC INJURIES	3
KNES 320	CULTURE, HEALTH, AND THE CITY	3
KNES 331	FOUNDATIONS OF COACHING	3
KNES 337	ADVANCED SPORT COACHING: DEVELOPING PERFORMANCE IN ATHLETES AND TEAMS	3
KNES 351	PHILOSOPHY: THE SPORT EXPERIENCE	3
KNES 355	PSYCHOLOGY OF SPORT	3
KNES 363	NUTRITION FOR EXERCISE AND SPORT	3
KNES 372	ORGANIZATION AND ADMINISTRATION OF PHYSICAL ACTIVITY PROGRAMS	3
KNES 418	SPORT FACILITY MANAGEMENT AND OPERATIONS	3
KNES 449	LEADERSHIP FOR SPORT PROFESSIONALS	3
KNES 451	INTERNSHIP IN FITNESS AND WELLNESS LEADERSHIP	3
<b>Additional Required Courses</b>		
BIOL 191 & 191L	INTRODUCTORY BIOLOGY FOR HEALTH PROFESSIONS [LECTURE] and INTRODUCTORY BIOLOGY FOR HEALTH PROFESSIONS [LAB]	4
BIOL 220	ESSENTIALS OF HUMAN ANATOMY AND PHYSIOLOGY <sup>1</sup>	4
HLTH 101	WELLNESS FOR A DIVERSE SOCIETY	3
HLTH 103	EMC, FIRST AID AND SAFETY	3
PSYC 101	INTRODUCTION TO PSYCHOLOGY	3
<b>Total Units</b>		<b>65</b>

<sup>1</sup> BIOL 221, BIOL 221L, BIOL 222 and BIOL 222L (8 units total) may also be accepted toward the requirement of BIOL 220.

## Four-Year Plan of Study

### Sample Four-Year Plan

The selected course sequence below is an example of the simplest path to degree completion. Based on course schedules, student needs, and student choice, individual plans may vary. Students should consult with their adviser to make the most appropriate elective choices and to ensure that they have completed the required number of units (120) to graduate.

#### Freshman

Term 1	Units	Term 2	Units
HLTH 101 (Core 11)		3 BIOL 191 & 191L (Core 7)	4
PSYC 101 (Core 6)		3 HLTH 103	3
Core 1 (or Core 2)		3 KNES 235 (Core 11)	3
Core 4		3 Core 2 (or Core 1)	3
Core 5		3 Core 3	3
	<b>15</b>		<b>16</b>

#### Sophomore

Term 1	Units	Term 2	Units
BIOL 220 <sup>1</sup>		4 KNES 217	3
KNES 220		3 KNES 301	3
Core 12		3 KNES 320 (Core 10)	3
Core 13		3 Core 8	4
Elective		3 Elective	3
	<b>16</b>		<b>16</b>

#### Junior

Term 1	Units	Term 2	Units
KNES 312		3 KNES 337	3
KNES 315		3 KNES 351 (Core 9)	3
KNES 331		3 KNES 372	3
KNES 355		3 Core 14	3
Elective		3 Elective	3
	<b>15</b>		<b>15</b>

#### Senior

Term 1	Units	Term 2	Units
KNES 363		3 KNES 449	3
KNES 418		3 KNES 451	3
Elective		3 Elective	3
Elective		3 Elective	3
Elective		3	
	<b>15</b>		<b>12</b>

**Total Units 120**

<sup>1</sup> BIOL 221, BIOL 221L, BIOL 222, and BIOL 222L (8 units total) may also be accepted toward the requirement of BIOL 220.

## Learning Outcomes

1. Develop discipline-specific knowledge and skills related to fitness, wellness, and sport coaching.
2. Demonstrate critical thinking and analytical competencies required for employment in the fitness and wellness profession.

3. Practice and apply sport leadership skills through professional experiences.