

The Kinesiology program provides the knowledge, skills and abilities necessary to be successful in the Fitness and Wellness Industry which is often the first point of contact for the general population who are ready to make lifestyle changes and improve their overall health and physical fitness level. This program provides a high level of in class practical experience through direct client contact projects and labs consistent with the professional duties and responsibilities of exercise professionals in the Fitness Industry. Students are prepared to sit for three National NCCA Industry Standard Certifications, one with each Certificate Completion.

**Fall Start Student Cohort**

Fall 1, 1st 8 weeks	<ul style="list-style-type: none"> <li>•HPER 205 Structural Kinesiology, 3 credits, Tuesday and Thursday 9:00 AM - 10:50 AM</li> <li>•EXER 114 Physical Conditioning &amp; Strength Training, 3 credits, Tuesday and Thursday 11:00 AM - 12:50 PM</li> <li>•EXER 120 Recreation Sports, 3 credits, Monday and Wednesday 11:00 AM - 1:50 PM</li> <li>•COMM 102 Interpersonal Communication, 3 credits, day/time/format will vary</li> </ul>
Fall 1, 2nd 8 weeks	<ul style="list-style-type: none"> <li>•HPER 205 Structural Kinesiology, 3 credits, Tuesday and Thursday 9:00 AM - 10:50 AM</li> <li>•EXER 114 Physical Conditioning &amp; Strength Training, 3 credits, Tuesday and Thursday 11:00 AM - 12:50 PM</li> <li>•EXER 117 Fitness Management, 3 credits, Monday and Wednesday 11:00 AM - 1:50 PM</li> <li>•IVYT 112 Student Success in Healthcare, 1 credit, day/time/format will vary</li> </ul>
Spring 1, 1st 8 weeks	<ul style="list-style-type: none"> <li>•EXER 106 Nutrition for Health &amp; Human Performance, 3 credits, Tuesday and Thursday 9:00 AM - 10:50 AM</li> <li>•EXER 112 Group Fitness Instruction, 3 credits, Tuesday and Thursday 12:00 PM - 1:50 PM</li> <li>•EXER 201 Weight Management, 3 credits, Tuesday and Thursday 2:00 PM - 3:30 PM &amp; Thurs 4:15-5:15 clinic</li> <li>•ENGL 111 English Composition, 3 credits, day/time/format vary</li> </ul>
Spring 1, 2nd 8 weeks	<ul style="list-style-type: none"> <li>•EXER 106 Nutrition for Health &amp; Human Performance, 3 credits, Tuesday and Thursday 9:00 AM - 10:50 AM</li> <li>•EXER 112 Group Fitness Instruction, 3 credits, Tuesday and Thursday 12:00 PM - 1:50 PM</li> <li>•EXER 201 Weight Management, 3 credits, Tuesday and Thursday 2:00 PM - 3:30 PM &amp; Thurs 4:15-5:15 clinic</li> <li>•EXER 105 Introduction to Exercise Physiology, 3 credits, Monday and Wednesday 11:00 AM - 1:50 PM</li> <li>•<b>Fitness and Wellness Certificate Complete (ACE Group Fitness Instructor Exam)</b></li> </ul>
Fall 2, 1st 8 weeks	<ul style="list-style-type: none"> <li>•EXER 210 Personal Training &amp; Exercise Leadership, 3 credits, Monday and Wednesday 11:00 AM - 12:50 PM</li> <li>•EXER 216 Health &amp; Aging, 3 credits, Monday 2:00 PM -4:50 PM and Wednesday (clinic) 2:45 - 3:45 PM</li> <li>•EXER 119 Social &amp;Ethical Aspects of Sport, 3 credits, Tuesday and Thursday 2:00 PM - 4:50 PM</li> <li>•MATH Requirement, 3 credits, (Will accept MATH 123 or higher), day/time/format vary</li> </ul>
Fall 2, 2nd 8 weeks	<ul style="list-style-type: none"> <li>•EXER 210 Personal Training &amp; Exercise Leadership, 3 credits, Monday and Wednesday 11:00 AM - 12:50 PM</li> <li>•EXER 216 Health &amp; Aging, 3 credits, Monday 2:00 PM -4:50 PM and Wednesday (clinic) 2:45 - 3:45 PM</li> <li>•Science Elective, 3 credits, (Recommended: BIOL 101 Biology of Food, or APHY 101), day/time/format vary)</li> <li>•<b>Personal Training Technical Certificate Complete (ACSM Personal Trainer Exam)</b></li> </ul>
Spring 2, 1st 8 weeks	<ul style="list-style-type: none"> <li>•EXER 203 Exercise for Special Populations, 3 credits, Monday and Wednesday 8:00 AM - 10:50 AM</li> <li>•EXER 207 Introduction to Biomechanics, 3 credits, Tuesday and Thursday 11:00 AM - 1:50 PM</li> <li>•EXER 279 Capstone Internship, 2 credits, (Arranged)</li> <li>•Behavioral Ways of Knowing Elective, 3 credits, (Choose from PSYC 101 or SOCI 111) day/time/format vary</li> </ul>
Spring 2, 2nd 8 weeks	<ul style="list-style-type: none"> <li>•EXER 203 Exercise for Special Populations, 3 credits, Monday and Wednesday 8:00 AM - 10:50 AM</li> <li>•EXER 204 Wellness Coaching, 3 credits, Monday and Wednesday 11:00A M - 1:50 PM</li> <li>•EXER 279 Capstone Internship, 2 credits, (Arranged)</li> <li>•<b>AAS Kinesiology and Exercise Science Degree Complete (ACE Certified Health Coach Exam)</b></li> </ul>

**FOR HELP**

We can help with anything from snacks and tutoring to writing help and even emergency funds. Visit our support services page for more details:



**For more information or to get started, please contact:**

Casey Connelly, Program Chair

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