

Most of our Fitness students are enrolled in the [Kinesiology, Fitness Option, B.S.](#) program and others are graduates earning their [Master's degree](#) in fitness-

- a. All Fitness students are required to gain applied experience through internship hours in order to graduate from our program. All fitness majors must be CPR and First Aid Certified to complete their hours.
- b. Pre-Internship Hours (500 Total)
- c. 200 Hours within a traditional fitness setting (YMCA, JCC, 24 Hour Fitness, Gold's Gym, yoga or Pilates studio, personal training facility, etc.)
- d. 200 Hours within a special population setting (strength and conditioning, older adults, youth, corporate, post-rehab)
- e. 100 Hours of additional approved experiences, some of which are completed during your coursework (KIN 367, 368, 467)
- f. KIN 489D – Fieldwork in Fitness (120 Total)
  - i. Upon successful completion of the course, the student will be able to:
  - ii. Perform fitness assessments.
  - iii. Analyze fitness assessment results.
  - iv. Provide exercise design