

Sports Medicine and Fitness Technology

Bachelor of Science Degree

Program Description

Keiser University's Bachelor of Science degree in Sports Medicine and Fitness Technology focuses on advanced health and fitness assessment, prescription and lifestyle modification. The program provides information on health risk factors, exercise leadership, biomechanics of movement, physiological adaptations to exercise, injury prevention, care and therapy modalities, business management and ethics in sport.

Program Objectives

The following objectives are designed to meet Keiser University's mission and its goals:

- To develop a student's ability to apply health and fitness assessments in the development, monitoring and motivation of individuals with exercise prescriptions
- To prepare students to properly conduct and monitor exercise sessions in both healthy and special populations.
- To prepare students to manage their own business in the field of health and wellness and to utilize sports marketing and promotion techniques.
- To assist students in understanding health risk factors, physiological adaptations to exercise and psychological factors associated with fitness and exercise programs
- To assist students in understanding and applying basic biomechanical principles

Prerequisites for Major Courses

At a minimum, students must successfully complete the following two general education requirements before beginning major coursework.

- BSC2085C Human Anatomy and Physiology I
- BSC2086C Human Anatomy and Physiology II

Program Outline

To receive a Bachelor of Science in Sports Medicine and Fitness Technology, students must earn 121.0 credit hours. Program requirements are as follows.

Lower Division Sports Medicine and Fitness Technology Major Courses (39.0 credit hours)

PET1084	Health and Fitness Appraisal and Wellness	4.0 credit hours
PET2082C	Exercise Leadership I	4.0 credit hours
PET1352C	Nutrition and Weight Management	4.0 credit hours
PET1384	Principles of Health and Fitness	4.0 credit hours
PET1604C	Sports Medicine and First Aid	4.0 credit hours
PET2214	Sports Psychology	4.0 credit hours
PET2353	Exercise Physiology	4.0 credit hours
PET2940	Sports Medicine and Fitness Technology Externship	7.0 credit hours
SPM2150	Sports Administration and Law	4.0 credit hours

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Lower Division General Education Courses (26.0 credit hours)

Credit hours in parentheses indicate the required number of credit hours in each discipline.

Behavioral/Social Science (3.0 credit hours)

AMH1010	American History Pre 1876	3.0 credit hours
AMH1020	American History Since 1876	3.0 credit hours
IDS1107	Strategies for Success	3.0 credit hours
POS1041	Political Science	3.0 credit hours
PSY1012	Introduction to Psychology	3.0 credit hours
SYG1000	Sociology	3.0 credit hours

Communications (3.0 credit hours)

SPC1010	Speech	3.0 credit hours
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Computers (3.0 credit hours)

CGS1000C	Introduction to Computers	3.0 credit hours
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English (3.0 credit hours)

ENC1101	English Composition I	3.0 credit hours
ENC2102	English Composition II	3.0 credit hours

Humanities/Fine Arts (3.0 credit hours)

AML1000	American Literature	3.0 credit hours
ENL1000	English Literature	3.0 credit hours

Mathematics (3.0 credit hours)

MAC2105	College Algebra	3.0 credit hours
MAT1033	Intermediate Algebra	3.0 credit hours

Natural Science (8.0 credit hours)

BSC2085C	Human Anatomy and Physiology I	4.0 credit hours
BSC2086C	Human Anatomy and Physiology II	4.0 credit hours

NOTE: All lower division major and general education courses must be successfully completed before upper division courses are undertaken.

Upper Division Sports Medicine and Fitness Technology Major Courses (44.0 credit hours)

PET3310C	Applied Kinesiology	4.0 credit hours
APK3114C	Strength Training and Conditioning	4.0 credit hours
HSC3171	Stress Management	3.0 credit hours
HSC4143	Substance Abuse	4.0 credit hours
PET3310C	Applied Kinesiology	4.0 credit hours
PET3361	Nutrition in Health and Exercise	4.0 credit hours
PET3632C	Basic Therapeutic Modalities for Musculoskeletal Injuries	4.0 credit hours
PET3639C	Advanced Care and Prevention of Athletic Injuries	4.0 credit hours
PET4515	Sports Business Management	3.0 credit hours
PET4552C	Exercise Programming for Special Populations	4.0 credit hours
PET4940	Integrated Studies in Sports Medicine Capstone	3.0 credit hours
SPM4158C	Exercise Leadership II	4.0 credit hours
SPM4305	Sports Marketing and Promotions	3.0 credit hours

General Education Courses (12.0 credit hours)

CGS3300	Management Information Systems	3.0 credit hours
COM4022	Healthcare Communications	3.0 credit hours
ENC3213	Writing for Managers	3.0 credit hours
IDS3355	Critical Thinking	3.0 credit hours