

Suggested Four-Year Plan of Study EXERCISE and SPORTS SCIENCE



Fitness Management

FRESHMAN YEAR

Fall Semester

16 Credits

EXSS 1011	Introduction to Exercise Science(3)
BIOL 1200	Anatomy and Physiology I(4)
ENGL 1100	Writing I(3)
MATH 1700	Applied Statistics(3)
	Free Elective(3)

Spring Semester

16 Credits

PSY 1100	Introduction to Psychological Science.....(3)
BIOL 1300	Anatomy and Physiology II(4)
BSAD 1700	Introduction to Computer Information Systems for Business(3)
ENGL 1200	Writing II(3)
	LA&S Elective (3-4)

JUNIOR YEAR

Fall Semester

15 Credits

EXSS 2300 OR EXSS 3000	Sports Nutrition OR Applied Nutrition(3)
EXSS 3120	Scientific Foundations of Strength Training and Conditioning.....(3)
EXSS 4200	Professional and Career Development(3)
BSAD 2010	Introduction to Financial Reporting.....(3)
	LA&S Elective(3)

Spring Semester

13 Credits

EXSS 3450	Exercise Testing and Prescription. (4)
BSAD 2020	Introduction to Managerial Accounting(3)
	LA&S Option Course(3)
	LA&S Option Course(3)

LA&S Elective List

- 1 AOM attribute (Art or Music)
- 1 ART attribute (the Arts)
- 1 CTW attribute (Citizenship & The World)
- 1 HIST subject (History)
- 1 LIT attribute (Literature)
- 1 SMT attribute (Sci, Math, & Tech)

Advanced LA&S Options Area

Review the three options with your advisor and submit your decision to the Registrar's Office by completion of 60 credits.

SOPHOMORE YEAR

Fall Semester

17 Credits

EXSS 2050	Functional Anatomy.....(3)
EXSS 2065	Introduction to Research in Exercise Science(3)
EXSS 2071	Exercise Physiology I..... (4)
BSAD 3200	Principles of Management(3)
CHEM 1300	General Chemistry I..... (4)

Spring Semester

16 Credits

EXSS 2072	Exercise Physiology II (4)
BSAD 3300	Fundamentals of Marketing(3)
ECON 1200	Principles of Economics: Microeconomics(3)
EXSS 2400	Health Promotion(3)
	LA&S Elective(3)

SENIOR YEAR

Fall Semester

15 Credits

EXSS 3600	Exercise Response and Adaptations in Special Populations.....(3)
EXSS 4005	Biomechanics and Motor Control of Human Movement (4)
BSAD 3500	Business Law I(3)
	LA&S Option Course(3)
	Free Elective(2)

Spring Semester

12 Credits

EXSS 4040	Fitness Management(3)
EXSS 4950	Internship (6)
	LA&S Option Course(3)

Global Diversity Area

Two courses taken must meet the Global Diversity requirement: GDAN course + (GDC or GDCN course) **OR** GDCN course + (GDA or GDAN course). These courses are allowed to satisfy this requirement and another requirement at the same time.

Completion of 120 credits required for graduation.

Rev. 07-2020

FITNESS MANAGEMENT

Information Sheet

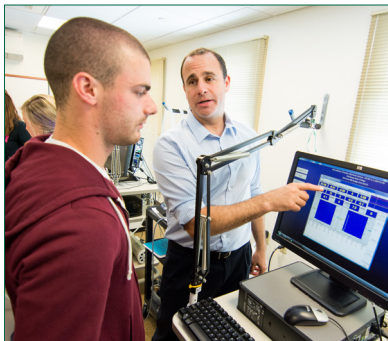


Program Summary

Fitchburg State's Exercise and Sports Science programs prepare graduates for professional careers as well as advanced graduate studies in a variety of fields. In the Fitness Management concentration, you will learn how to design and implement exercise programs for a wide variety of people of various ages and states of health. This program will also prepare you to take on managerial and leadership roles within the health, fitness, and wellness industry.



The faculty is diverse in their content expertise and experiences. We disseminate knowledge through a variety of high impact teaching strategies that include writing intensive projects,



class presentations, collaborative assignments and projects, and laboratory work. Every student in Exercise and Sports Science finishes their academic career in a service learning experience in the form of an internship. Students explore issues and analyze evidence through "hands-on" experience that are conducted through the department's exercise physiology and functional anatomy laboratories, the Landry Strength and Conditioning Center, and the Recreation Center.

Sample Employers

- Fitness Together (Personal Trainer)
- Push Pull Training LLC (Co-owner and Trainer)
- Crunch Fitness (Fitness Manager)
- Town Sports International (Fitness Manager)
- Anytime Fitness (Personal Training Director)
- Boston Sports Club (Personal Trainer)

Internship Sites

- Cross Fit EXP
- Global Fitness
- Commit Fitness
- Crunch Fitness
- Impact Fitness
- Peak Fitness



ALUMNI SPOTLIGHT



"The highlight of this program for me was how hands on it was! Being in the lab and experiencing everything such as using yourself and others as subjects, there is no better way to learn. Also, the professors at Fitchburg State are so approachable, professional, and relatable, that towards my senior year they felt more like mentors than the typical teacher-student relationship. Because the professors were so legitimized in their respective background, it was very easy to truly listen to them knowing it comes from a very respectable place, they have all lived it and are now teaching it. I have always respected that and learned more from leaders in my life that way."

— Nicholas Normandin '08
Co-owner of Push Pull Training LLC

