

B.S. in Physical Education: Sport and Fitness Studies Track
Students admitted Fall 2022

Program Description

This scientific related program focuses on the anatomy, physiology, human movement, and applications to exercise and sport. The program includes instruction in exercise physiology, kinesiology, motor learning and development, mental performance, exercise testing and programming, the prevention and care of athletic injuries, and research. The program prepares students for certifications, such as personal training and strength and conditioning. Program electives allow students to pursue and develop areas of interest. **(NOTE: This track does not result in a teacher certification.)**

Program of Study

The program of studies is as follows:

- Total credits: 120: 60 Lower Division & 60 Upper Division
- All program courses must be completed with a minimum grade of “C”

Core Courses: 45 credits

PET 3020*	Foundations of Movement Science <i>(Note: Must be taken in 1st semester in program)</i>	3 credits
PET 3325	Kinetic Anatomy <i>(can be substituted with ZOO 3731, BCS 2085)</i>	3 credits
PET 3310	Kinesiology <i>(Co-requisite: PET 3325, Pre-requisite: ZOO 3731, BSC 2085)</i>	3 credits
APK 3110	Exercise Physiology	3 credits
PET 4050	Motor Learning and Development	3 credits
PET 4251	Sociology of Sport	3 credits
PEM 4103**	Advanced Personal Training <i>(Pre-requisite: APK 3110, PET 3310)</i>	3 credits
PEP 4111	Health and Fitness Instruction	3 credits
PET 4510	Evaluation in Kinesiology	3 credits
PET 4626	Athletic Injuries <i>(Pre-requisite: BSPE major)</i>	3 credits
PEP 4102	Applied Concepts of Fitness & Health	3 credits
PET 4094***	Advanced Concepts in Strength and Conditioning <i>(Pre-requisite: BSPE major, Corequisite: PEM 4103)</i>	3 credits
APK 4400	Sports Psychology	3 credits
PET 4401	Administration of Fitness Operations	3 credits
PET 4940****	Practicum in Kinesiology <i>(Pre-requisite: APK 3110, PET 3310) (133 hours total – 10-13 hours per week; taken during last semester)</i>	3 credits

Advisor Approved Electives: 15 credits of electives (Notes: Electives must be approved by an advisor prior to enrollment)

Recommended Course sequence:

1st semester	2nd semester	3rd semester	4th semester
PET 3020	PET 4050	PET 4510	PET 4940
APK 3110	PET 4251	PEP 4102	PET 4401
PET 3325	PEM 4103	PET 4094	APK 4400
PET 3310	PEP 4111	PET 4626	Elective
Elective	Elective	Elective	Elective

Graduation Requirements

- FIU cumulative GPA of 2.5 or better on a 4.0 scale
- University Foreign Language (FLENT/FLEX) and Global Learning requirements must be met
- University Summer Enrollment Requirement must be met
- All program and University requirements must be met

For more information on our programs go to http://education.fiu.edu/bachelors_degrees.html. If you still have questions, please email Dr. Alfred Simpson at alsimpso@fiu.edu or 305-919-5972.

*Must be taken in first semester of entering program

**CPT exam preparation course

***CSC exam preparation course

****Must be taken in final semester of program

Last update: 5/2022