HEALTH FITNESS INSTRUCTOR SPECIALIZATION (18 hours):

This specialization benefits students wanting to pursue a career in personal and small group training, or to get practical experience in preparation for graduate school in applied fields.

Description:
This specialization is ideal for students interested in careers in fitness and preparing them for a variety of national certifications. Fieldwork/internships provide students practical experience as they develop and apply programming and exercise techniques for both general and special populations. Students in this specialization go on to graduate school, including medical, physical therapy, physician’s assistant, chiropractic, and other forms of allied health. Others have started successful personal training careers, and many now own/operate their own facilities, while others work with athletes in a sports conditioning setting.

Courses:
NTR 306: Fundamentals of Nutrition or other approved nutrition course
KIN 322: Diagnosis & Evaluation of Fitness
KIN 332: Techniques of Fitness Leadership [Wr & Ethics Leadership]
** Required Fieldwork **
KIN 327T 1– Clinical Exercise Testing or KIN 327T 2– Personal Training
HED 627F 1– Internship in Health Fitness (Sp, Su)

Contact:
Dr. Dixie Stanforth, Ph.D.
Faculty, Department of Kinesiology and Health Education
d.stanforth@austin.utexas.edu