

Fitness and Wellness Management

Fitness and wellness management is an interdisciplinary field of study including biology, exercise science, psychology, and business, integrating these content areas with knowledge of physical activity, fitness, and all-inclusive health. Mount Mercy University's fitness and wellness management program prepares students interested in pursuing careers or graduate programs in fitness and exercise, health and wellness, corporate wellness, spa/resort entities, social media fitness and wellness, and occupational fitness/wellness settings. The program prepares all students to sit for professional certification in year three, followed by an internship in the student's final year to develop further industry insights and develop real-world experience.

Fitness and Wellness Management Major

Required:

BA 371	Sport Event and Facility Management	3
BC 202	Accounting: Information for Decisions	4
BK 208	Principles Of Marketing	3
BI 125	Foundations of Biology & Scientific Inquiry I	3
BI 125L	Biostatistics and Scientific Investigation I	1.5
BI 273	Human Anatomy	4.5
BI 274	Human Physiology	3
BK 305	Professional Selling	3
BK 345	Digital Marketing, Advertising, and Social Media	3
BK 378	Sports Marketing and Promotion	3
BN 204	Principles Of Management	3
EX 101	Introduction to Exercise Science	3
EX 255	Prevention and Care of Athletic Injuries	3
EX 275	Human Nutrition	3
EX 300	Principles of Personal Training	4
EX 309	Exercise for Special Populations	3
EX 350	Sport and Exercise Behavior	3
EX 375	Exercise Testing and Prescription	3
EX 450	Exercise Science Internship	3
GS 120	Complementary Therapy & Wellness	3
PS 101	Introductory Psychology	3

Total Hours 65

Academic Requirement

All **fitness and wellness management majors** must achieve a minimum grade of C (C- does not count) in all courses required for the major. This requirement applies equally to any course equivalents that may be accepted by transfer from any other college/university. The following is the typical sequence of courses required for the major*:

Freshman

Fall	Hours	Winter	Hours	Spring	Hours
BI 125	3	CO 101	3	BN 204	3
BI 125L	1.5			EX 255	3
EX 101	3			PS 101	3
Writing Competency	4			SO 122	3

Portal	3	Literature Domain	3
	14.5	3	15

Sophomore

Fall	Hours	Winter	Hours	Spring	Hours
EX 350	3	EX 275	3	BA 371	3
BI 274	3			BI 273	4.5
MA 135	3			BK 208	3
PL 269	3			Historical Roots Domain	3
Religious Studies Domain	3				
	15		3		13.5

Junior

Fall	Hours	Winter	Hours	Spring	Hours
BC 202	4	GS 120	3	BK 378	3
BK 305	3			EX 300	4
BK 345	3			EX 375	3
Holistic Health Domain	3			Elective	3
				Elective	3
	13		3		16

Senior

Fall	Hours	Winter	Hours	Spring	Hours
EX 309	3	N/A		EX 450	3
EX 355	4.5			ME 450	1
Fine Arts Domain	3			Elective	3
Global Awareness Domain	3			Elective	3
Elective	1.5			Elective	2
	15		0		12

Total Hours: 123

*Disclaimer

The course offerings, requirements, and policies of Mount Mercy University are under continual examination and revision. This *Catalog* presents the offerings, requirements, and policies in effect at the time of publication and in no way guarantees that the offerings, requirements, and policies will not change. This plan of study represents a typical sequence of courses required for this major. It may not be applicable to every student. Students should contact a department faculty member to be sure of appropriate course sequence.