

BACHELOR OF  
ARTS



## HEALTH, FITNESS & WELLNESS

Tiffin University's health, fitness and wellness program emphasizes leadership, excellence and service to provide the basis necessary for improving the lives of others. Take courses in anatomy, physiology, kinesiology, biomechanics and nutrition to effectively build programs, ensure proper techniques and select appropriate exercise testing. You will also be introduced to facility design, policies, organization and legal issues.

Learn how to work with healthy or symptomatic individuals, assess psychology and sociological aspects that influence participation in physical activity and identify the tools to develop and manage health, fitness and wellness initiatives throughout the lifespan. At the conclusion of your degree, you will have been presented with the information necessary to sit for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam. Students will also qualify for the First Aid/CPR/AED certification.

According to the U.S. Bureau of Labor Statistics, the demand for employment for health educators and community health workers is expected to grow 17 percent by 2030. The median annual wage for health educators was \$48,140 in 2020.

Employment for medical and health services managers is projected to grow 32 percent by 2030. Their median annual wage was \$104,280 in 2020.



Successful careers in the health, fitness and wellness field include:

- Certified Strength & Conditioning Specialist
- Community Health Worker
- Corporate Wellness Coordinator
- Fitness & Conditioning Coach
- Health Services Manager
- Personal trainers
- Public Health Educator

**Health, Fitness & Wellness Major: 63 hours**

- SOC101 Introduction to Sociology
- PSY101 Introduction to Psychology
- NAT124 Introduction to Athletic Training
- NAT112 First Aid/CPR/AED
- HCA140 Survey of Healthcare Industry
- NAT150 & NAT150L Introduction to Anatomy & Physiology + Lab
- SMG160 Introduction to Sports Management
- SMG220 Principles of Athletic Development
- EXS225 Motor Development
- NAT260 Lifetime Fitness & Wellness
- SOC280 Sports in American Society
- PSY290 Health Psychology
- PSY301 Adult Development & Life Assessment
- HFW213 Principles of Human Nutrition
- HFW313 History & Philosophy of Sport & Physical Activity
- NAT321 Community & Public Health
- EXS322 Kinesiology
- HFW415 Advanced Strength & Conditioning + Lab
- HFW413 Sociological & Psychological Aspects of Physical Activity
- HCA474 Social Aspects of Aging
- SAS470 Internship (w)

**Tiffin University**

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