SPORT MANAGEMENT STUDIES-WELLNESS AND FITNESS TRACK
College of Education and Human Services

Degree Benefits
The sport management studies-wellness and fitness program at California University of Pennsylvania is designed for individuals who want a degree in wellness and fitness but cannot attend a traditional on-campus program. This online degree program will provide students with a depth of knowledge and a set of competencies in management, motivation, psychology and research as they relate in the specialized areas of wellness and fitness within the more general sport arena. This foundation will provide students with the necessary tools to work successfully and excel in the fields of sport or wellness and fitness.

Job Options
A degree in sport management studies-wellness and fitness from California University of Pennsylvania will prepare students for prospective employment in sport and wellness and fitness settings including, but not limited to:

- Fitness clubs
- Spas
- Corporate fitness
- Strength and conditioning coaching
- High school athletics
- Collegiate athletics
- Sport promotion
- Sport information

Many additional opportunities exist within the profession. Individuals wishing to work with certain special populations will receive specialized instruction on working with people with physical disabilities, as well as the aging population.

Program Highlights
This undergraduate degree program is 100% online and allows students to transfer general education credits into the program or take the full program (120 credits including general education courses) in a fully Web-based format. The program is offered in an accelerated format.

There is no need to come to California’s campus. The program is designed for busy people, including working health and fitness professionals, military personnel, etc. Students pursuing the program will be prepared to sit for the Certified Personal Trainer exam offered by the National Academy of Sports Medicine (NASM).

The program follows a cohort model. A cohort is a group of students that starts and finishes the program at the same time. The students work together in each course and become a professional cohort of health care and fitness colleagues.

Curriculum
California University of Pennsylvania requires the completion of 120 credit hours for graduation.

Note
The policies and procedures described here may be reviewed and revised as the need arises. This fact sheet should be used as an informational guide only. For details and current policies, please contact the department chairperson.

For More Info
Contact the Global Online office at California University of Pennsylvania by phone at 724-938-5958. You may also learn more about the program at www.calu.edu/go.

BACHELOR OF SCIENCE IN SPORT MANAGEMENT STUDIES
(WELLNESS AND FITNESS)—120 CREDITS

Admission to the sport management studies wellness and fitness track is open to any student who has been admitted to the University. The program of study that is outlined below is designed for students who have no college experience. If you have college experience, you will receive transfer credit where appropriate. Please note that the program follows a cohort model in an accelerated format. Degree completion is expected in three calendar years. You will also note that summer and intersession courses are utilized to accomplish this accelerated time frame. Transfer students must submit OFFICIAL TRANSCRIPTS of all previous undergraduate course work to the Office of Undergraduate Admissions at California University of Pennsylvania.
SPORT MANAGEMENT STUDIES-WELLNESS AND FITNESS TRACK

Fall Semester (Year One) .................................................. 13 credits
FIT 100 Introduction to Fitness ........................................ 3 crs.
FIT 125 Fundamentals of Speed Training ......................... 3 crs.
HSC 110 Human Anatomy and Physiology I .................. 4 crs.
SPT 300 Psychology of Sport ........................................... 3 crs.

Fall Semester (Year Three) .................................................. 12 credits
FIT 405 Wellness Seminar I ............................................... 3 crs.
FIT 425 Evaluation Research in Wellness and Fitness .......... 3 crs.
FIT 430 Applications of Research in Wellness and Fitness .... 3 crs.
FIT 380 Wellness and Fitness for the Aging Population ....... 3 crs.

Spring Semester (Year One) ........................................... 13 credits
HSC 275 Functional Kinesiology ....................................... 3 crs.
FIT 300 Business Aspects of Fitness ............................... 3 crs.
SPT 400 Legal Aspects of Sport ........................................ 3 crs.
HSC 325 Physiology of Exercise ....................................... 3 crs.
FIT 325 Integrated Personal Fitness Training .................... 3 crs.
FIT 250 Current Topics and Strategies for Youth Fitness .... 3 crs.
FIT 335 Integrated Personal Fitness Program Design ......... 3 crs.

Spring Semester (Year Three) ........................................... 12 credits
FIT 410 Wellness Seminar II ............................................ 3 crs.
FIT 350 Fitness for Special Populations ........................... 3 crs.
FIT 420 Trends and Issues in Fitness ............................... 3 crs.
FIT 401 Leadership Concepts and Actions Well/Fitness ....... 3 crs.

Summer Session (Year One) ............................................ 12-18 credits*
General Education and/or elective credit

Fall Semester (Year Two) .................................................. 12 credits
HSC 275 Functional Kinesiology ....................................... 3 crs.
FIT 300 Business Aspects of Fitness ............................... 3 crs.
FIT 305 Motivational Strategies in Wellness and Fitness .... 3 crs.
SPT 400 Legal Aspects of Sport ........................................ 3 crs.
HSC 325 Physiology of Exercise ....................................... 3 crs.
FIT 325 Integrated Personal Fitness Training .................... 3 crs.
FIT 250 Current Topics and Strategies for Youth Fitness .... 3 crs.
FIT 335 Integrated Personal Fitness Program Design ......... 3 crs.

Spring Semester (Year Two) ............................................ 12 credits
HSC 325 Physiology of Exercise ....................................... 3 crs.
FIT 325 Integrated Personal Fitness Training .................... 3 crs.
FIT 250 Current Topics and Strategies for Youth Fitness .... 3 crs.
FIT 335 Integrated Personal Fitness Program Design ......... 3 crs.

Summer Session (Year Two) ............................................ 12-18 credits*
General Education and/or elective credit

Summer Session (Year Three) ............................................ 12 credits
General Education and/or elective credit

Notes:
1. Courses within the fall and spring semesters are offered in 8-week blocks.
2. The program is offered in a 100% online format. Students will learn and grow into a learning community as part of a select cohort.
3. General education and elective credits can be completed at any accredited university and transferred to Cal U. Please contact your adviser or the program director for assistance.

*If applicable to the individual student’s situation. Many students transfer in some or most general education courses. Students need to complete only the required courses. The degree audit will provide the student with this information. Please contact the Cal U Global Online office for assistance with the degree audit.

Program Contact Information
Contact the Department of Exercise Science and Sport Studies by phone at 724-938-4356.

Department Website
www.cal.edu/academics/online-programs/wellness-fitness/

QUESTIONS
ABOUT ADMISSIONS?
Office of Admissions
California University of Pennsylvania
250 University Ave.
California, PA 15419-1394
Phone: 724-938-4404
Toll-free: 888-412-0479
Fax: 724-938-4564
E-mail: inquiry@calu.edu

CALIFORNIA UNIVERSITY OF PENNSYLVANIA
ABOUT US
California University of Pennsylvania is a proud member of the Pennsylvania State System of Higher Education. Located in the borough of California, just 35 miles from Pittsburgh, Cal U serves about 8,200 undergraduate and graduate students.
• Cal U's main campus houses academic buildings, dining and recreation facilities, and six suite-style residence halls.
• Cal U's upper campus includes the Vulcan Village apartments, athletic facilities at Roadman Park, and space for student meetings and outdoor recreation at SAI Farm.
• Cal U Global Online is the University’s virtual campus, offering degree and certificate programs 100% online.

FINANCIAL AID
For information on student loans and undergraduate scholarships, visit www.cal.edu or call 1-888-412-0479.

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California University of Pennsylvania is an academic community dedicated to the ideals of justice, fairness and equal opportunity for all. In compliance with federal and state laws, the University is committed to providing equal educational and employment opportunities for all persons without regard to race, color, sex, religion, national origin, age, disability, ancestry, sexual orientation or status as a disabled or Vietnam era veteran. The University will not tolerate racial, ethnic or sexual discrimination. Sexual harassment is considered by law to be a form of sexual discrimination and is, therefore, unacceptable. Direct equal opportunity and affirmative action inquiries or complaints to the Special Assistant to the President for Equal Employment and Educational Opportunity (EEOO), Office of Social Equity, South Hall 112, 724-938-4014. Direct inquiries regarding services or facilities accessibility to the ADA/504, Compliance Officer, Office of Student Development and Services, G-52 Carter Hall, 724-938-4056. Direct Title IX inquiries to the Senior Women’s Administrator/Title IX Coordinator, Department of Athletics, Hamer Hall 248, 724-938-4351.

www.cal.edu A proud member of the Pennsylvania State System of Higher Education.

Policies and Procedures: Note that the policies and procedures described above may be reviewed and revised at any time. This fact sheet should be used as an informational guide. For details on current policies and procedures, contact the Provost/Vice President of Academic Affairs at 724-938-4407.

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