

FAQs for CSULB – CHHS - BS in Kinesiology, Option in Fitness

1. What is the Fitness Option?

- a. Most of our Fitness students are enrolled in the [Kinesiology, Fitness Option, B.S.](#) program and others are graduates earning their [Master's degree](#) in fitness-related concentrations. We require that our students gain extensive applied work experience (internships) in commercial, community, corporate, or other fitness settings while earning their degrees.

2. How do I enroll in the program?

- a. The Fitness Option is impacted. Students may only declare as Fitness Majors if they meet the following requirements:
 - i. Minimum GPA: 3.0
 - ii. Prerequisites: BIO 207, 208, PYSCH 100, STATS 108, NTRS 132
 - iii. Required General Education courses not covered by major preparation courses:
 - iv. Written Communication
 - v. Oral Communication
 - vi. Critical Thinking

3. What is the coursework for the Fitness Option?

- a. Upon graduation, students complete a minimum of 120 academic units and 620 internship hours. See <https://www.csulb.edu/college-of-health-human-services/kinesiology/undergraduate-degree-programs/bs-kinesiology-option-2> then expand the Degree Requirements list.

4. What can I do with a degree in Fitness?

- a. Upon graduating our program, students are prepared for a variety of fitness-related professions.
 - i. Personal Trainer
 - ii. Strength and Conditioning Specialist
 - iii. Wellness Coach
 - iv. Group Exercise Instructor
 - v. Fitness Coordinator/Director/Manager
 - vi. Entrepreneur/Owner
 - vii. Consultant
 - viii. Fitness Specialist Educator/Presenter
 - ix. Health/Fitness Writer
 - x. Fitness Product Developer
 - xi. Corrective Exercise Specialist
 - xii. Cardiac Rehab Exercise Specialist
- b. Many of our alums also become professionals in other fields that are indirectly related to fitness.
 - i. EKG Technician
 - ii. Nuclear Medicine Technician
 - iii. Echocardiography Technician
 - iv. Athletic Training (entry level Master's)
 - v. Physician's Assistant
 - vi. Chiropractor
 - vii. Nurse
 - viii. Ergonomics consultant
 - ix. Medical Device Sales
 - x. Pharmaceutical Sales

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5. I've heard there are applied learning hours associated with the Fitness Option. What do those look like?

- a. All Fitness students are required to gain applied experience through internship hours in order to graduate from our program. All fitness majors must be CPR and First Aid Certified to complete their hours.
- b. Pre-Internship Hours (500 Total)
- c. 200 Hours within a traditional fitness setting (YMCA, JCC, 24 Hour Fitness, Gold's Gym, yoga or Pilates studio, personal training facility, etc.)
- d. 200 Hours within a special population setting (strength and conditioning, older adults, youth, corporate, post-rehab)
- e. 100 Hours of additional approved experiences, some of which are completed during your coursework (KIN 367, 368, 467)
- f. KIN 489D – Fieldwork in Fitness (120 Total)
 - i. Upon successful completion of the course, the student will be able to:
 - ii. Perform fitness assessments.
 - iii. Analyze fitness assessment results.
 - iv. Provide exercise designs for individuals.
 - v. Monitor exercise programs.
 - vi. Develop a group fitness/health education class.
 - vii. Lead a group fitness/health education class.
 - viii. Perform business duties as required by fitness facilities.
 - ix. For more information, contact Dr. Schroeder, Dr. Alencar, or Dr. Walters

6. What is the FITLAB

The LBSU FITLAB (**F**itness & **I**ntegrated **T**raining **L**aboratory) is the hands-on training and research hub for Fitness students at Long Beach State University. The majority of our students are undergraduates enrolled in the Kinesiology – Fitness Option, B.S. program, but graduate-level students are heavily involved as well. With consistent access to state-of-the-art equipment, guidance from experienced faculty, research opportunities and numerous internship partnerships throughout the community & Greater Los Angeles Area, we ensure that our students are exceptionally prepared for various fitness careers.

7. Where are you located?

The LBSU FITLAB is located in the Kinesiology building in room KIN 84. The Kinesiology building is located on the north side of the CSULB campus. Fitness students also gain applied experience at numerous internship locations in the community, Orange County, and the Greater Los Angeles Area.