

University of the Incarnate Word®  
Bachelor of Science in  
**Kinesiology - Personal Trainer Track**

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Ila Faye Miller School of Nursing and Health Professions

**PROGRAM OVERVIEW**

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The Bachelor of Science (B.S.) in Kinesiology – Personal Trainer Track at the Ila Faye Miller School of Nursing and Health Professions at the University of the Incarnate Word requires students to complete 120 credit hours for graduation. This includes 38 hours of University core classes and 82 hours of degree required classes.

Personal trainers provide several different fitness services to clients including fitness training and instruction, health and fitness assessment and exercise prescription. They help motivate individuals to develop, implement and adhere to regular healthy exercise and nutritional routines to improve flexibility, muscular strength and endurance, aerobic fitness, body composition and physical performance.

**ADMISSION REQUIREMENTS**

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The requirements for admission to the B.S. in Kinesiology - Personal Trainer Track are the same as the requirements for admission to the University of the Incarnate Word.

**CONTACT**

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**UIW Admissions**  
(210) 829-6005  
admission@uiwtx.edu

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THE WORD  
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**Kinesiology - Personal Trainer Track**

## B.S. in **Kinesiology - Personal Trainer Track**

### FRESHMAN YEAR

#### Fall

DWHP 1200: Dimensions of Wellness (2 hours)  
 ENGL 1311 or 1311L: Composition I (3 hours)  
 PHIL 1381: Introduction to Philosophy (3 hours)  
 Social Science Course (3 hours)  
 PEHP 1190: Activity Lab I (1 hour)  
 PEHP 1147: Tai Chi (1 hour)

**Total Hours: 13**

#### Spring

NUTR 2341: Introduction to Nutrition (3 hours)  
 ENGL 1312: Composition II (3 hours)  
 History Course (3 hours)  
 MATH 1304: College Algebra (3 hours)  
 RELS 1000-Level Course (3 hours)  
 PEHP 1113: Physical Conditioning (1 hour)

**Total Hours: 16**

### SOPHOMORE YEAR

#### Fall

PEHP 3301: Motor/Fitness Develop Children (3 hours)  
 PEHP 3312: Motor/Fitness Develop Adolescent (3 hours)  
 PEHP 2301: Tests and Measurement (3 hours)  
 Modern Language I (3 hours)  
 RELS or PHIL Upper-Level Course (3 hours)  
 PEHP 1114: Weight Training (1 hour)

**Total Hours: 16**

#### Spring

PEHP 3302: Motor/Fitness Develop Pre-Adolescent (3 hours)  
 PEHP 3314: Theory of Coaching (3 hours)  
 ENGL 2310: World Literature Studies (3 hours)  
 Modern Language II (3 hours)  
 Nutrition Minor Upper-Level Course (3 hours)  
 Aquatic Activity Course (1 hour)

**Total Hours: 16**

### JUNIOR YEAR

#### Fall

PEHP 3350: Theory of Movement Forms (3 hours)  
 PEHP 3307: Worksite Health Promotion (3 hours)  
 NUTR 4356: Nutrition and Human Performance (3 hours)  
 BIOL 2321: Anatomy and Physiology I (3 hours)  
 BIOL 2121: Anatomy and Physiology I Lab (1 hour)  
 Nutrition Minor Upper-Level Course (3 hours)

**Total Hours: 16**

#### Spring

PEHP 3371: Care and Prevention of Injuries (3 hours)  
 PEHP 4301: Principles of Human Movement (3 hours)  
 PEHP 4333: Human Performance (3 hours)  
 BIOL 2322: Anatomy and Physiology II (3 hours)  
 BIOL 2122: Anatomy and Physiology II Lab (1 hour)  
 PEHP 3315: Principles of Health (3 hours)

**Total Hours: 16**

### SENIOR YEAR

#### Fall

PEHP 4345: Psychomotor Development (3 hours)  
 Fitness Modality Course (1 hour)  
 Fitness Modality Course (1 hour)  
 Fine Arts Course (3 hours)  
 PEHP 1139: Yoga (1 hour)  
 PEHP 1125: Pilates (1 hour)  
 Electives (3 hours)

**Total Hours: 13**

#### Spring

PEHP 3305: Motor Development Fit and Health (3 hours)  
 PEHP 4395: Practical Experience (3 hours)  
 Fitness Modality Course (1 hour)  
 Nutrition Minor Upper-Level Course (3 hours)  
 Electives (4 hours)

**Total Hours: 14**

120 hours needed to complete the B.S. in Kinesiology - Personal Trainer Track.