

Wellness/Fitness

Why should I major in Wellness/Fitness?

If you enjoy staying fit and want to help others improve or maintain their physical fitness, the wellness field might offer the right career choice for you. By taking Iowa Western's wellness/fitness curriculum, you'll learn the basic skills needed to become a personal trainer. You'll receive hands-on experience and learn how to motivate, assess and track clients throughout their workouts. Plus you'll learn how to measure body fat, prescribe exercise programs and evaluate fitness results. Course work in first aid, personal training, weight training, nutrition, and exercise technology will prepare you to enter the job market in two years.



What type of degree will I earn at Iowa Western if I enroll in this program?

Graduates of our two-year wellness/fitness program earn an Associate of Science (AS) degree. Students will also have the option to become a certified personal trainer.

If I major in Wellness, can I transfer to a four-year college or university?

This program of study gives you the option of going immediately to work after graduation, or transferring your credits to a four-year degree granting institution to earn a bachelor's degree in a related field such as physical education.

What is the job outlook for Wellness graduates and what type of jobs will I be qualified for?

Personal fitness is a priority with many people right now, and wellness graduates are qualified to accept positions as personal trainers in health clubs, in private consultation and in other physical activity enterprises. If you chose to apply your wellness credits toward a bachelor's degree in physical education, you'll be qualified to teach physical education at the elementary or secondary level. The salary you can expect to earn after completing your education will vary based upon the type of position you accept.

Program of Study

The Wellness/Fitness program of study is designed for transfer to four-year institutions with similar programs at the baccalaureate level. Students acquire fundamental knowledge and skills in physical fitness assessment, first-aid practices, health risk appraisal, and the principles of leisure and recreation. Students will also have the option to become a Certified Personal Trainer. Graduates of this program are awarded an Associate of Science (A.S.) degree.

RECOMMENDED COURSE SEQUENCE

First Semester		Cr.
BIO 151	*Nutrition	3
ENG 105	Composition I	3
PEA 102	Aerobic Fitness	1
PEC 210/ PSY 210	*Sport and Exercise Psychology	3
PEH 102	*Health	3
	A.S. Mathematics Requirement (MAT 121 - 227)	3-4
		16
Second Semester		Cr.
PEH 142	*First Aid	3
BIO 157	Human Biology	4
ENG 106	Composition II	3
PEA 187	Weight Training	1
	Mathematics/Science Elective	3
	Social Science/Humanities Elective	3
		17-18
Third Semester		Cr.
PEH 170	Principles of Weight Training	3
PET 135	*Personal Trainer	3
BIO 168	Human Anatomy and Physiology I with Lab	4
HSV 259	*Introduction to Chemical Dependency	3
	Social Science/Humanities Elective	3
		16
Fourth Semester		Cr.
SPC 122	Interpersonal Communication	3
ECE 133	*Child Health, Safety and Nutrition	3
BIO 173	Human Anatomy and Physiology II with Lab	4
PEC 230	*Introduction to Sports Medicine	3
PSY 111	Introduction to Psychology	3
		16

*Required courses for the program

One elective must also satisfy the diversity requirement.

65 semester hours required

**For More Information,
Contact the Admissions Office:
712.325.3277 or 800.432.5852, ext. 3277
or the Program Chair at 712.325.3735
www.iwcc.edu**