



## Sport and Fitness Management Program

### Prospective Student Information

The Sport and Fitness Management Program is designed to prepare students wishing to enter the world of personal wellness, corporate fitness, coaching, and sport management. With a background in wellness, sport science, activities management, fitness instruction and business, graduates will possess the job skills and knowledge to work one-on-one with clients and to manage the day-to-day operation of a variety of fitness, sport, and recreation programs.

Attached you will find information describing the program requirements and admission criteria. To learn more about the Sport and Fitness Management Program, you may call to make an appointment with the One Stop for Student Success at 740-588-5000.

**Application Deadline: Before classes begin each semester**



#### FACULTY:

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Shelley Zimmerman, MS  
Office: HSH 325B  
Phone: 740.588.1270  
szimmerman@zanestate.edu

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# HEALTH PROGRAMS APPLICATION COVER PAGE

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Student ID #: \_\_\_\_\_

Programs Applying For:

- Applicants are required to indicate a minimum of two and a maximum of three programs/degrees, ordered according to your preference as number 1, 2, or 3.
  - Consideration for program admission will be based on the order of the program preference you indicate.

\_\_\_\_\_ Health Information Management (HIMT)

\_\_\_\_\_ Medical Assisting (MEDA)

\_\_\_\_\_ Medical Laboratory Technician (MLTP) Selective Program

\_\_\_\_\_ Occupational Therapy Assistant (OTAP) Selective Program

\_\_\_\_\_ Physical Therapist Assistant (PTHA) Selective Program

\_\_\_\_\_ Radiologic Technology (RADT) Selective Program

\_\_\_\_\_ Sport and Fitness Management (SFMT)

\_\_\_\_\_ I do not desire to apply to a second Health program, but will pursue the ASCH or ASCI transfer degree.

**Completed folders may be submitted in one of two ways:**

**Mailed to:**  
Zane State College/Health Science Hall  
1555 Newark Rd  
Zanesville, OH 43701

**or dropped off in the reception area of**  
Health Science Hall, H325

## COMMON HEALTH PROGRAMS APPLICATION CHECKLIST

- **PUT YOUR NAME, ADDRESS, AND STUDENT ID# ON THE FRONT OF THE FOLDER**
- **Folders must be three-pronged – not three ringed.**
- **Please include and complete this checklist as the second page of your application folder.**
- **You will need to place all items in numbered page protectors, and include one tab divider for each program to which you are applying. Label these dividers with the four letter program code indicated on the Application Cover Page. The tab(s) is/are to be placed after Page 8 from the list below.**

<input type="checkbox"/>	Page 1	Health Programs Application Cover Page
<input type="checkbox"/>	Page 2	Common Health Programs Application Checklist (this page)
<input type="checkbox"/>	Page 3	Evidence of application to and/or acceptance to the College. Clearly indicate your name and Zane State College Student ID number on this document. (e.g. Acceptance letter, copy of Student ID card, Z-Online document)
<input type="checkbox"/>	Page 4	Official transcripts from <u>all other</u> colleges you have attended. These should be in sealed envelopes from the institution and should include grades through the end of fall semester prior to application. Unofficial Zane State College transcripts that include current GPA are acceptable.
<input type="checkbox"/>	Page 5	Copy of transfer credit awarded by Zane State College for courses taken at other institutions. Please submit your transcripts to our Registrar's Office well in advance of the application deadline so that there is ample time for them to be reviewed.
<input type="checkbox"/>	Page 6	Accuplacer scores if you have not previously completed college-level math and English with a grade of "C" or better.
<input type="checkbox"/>	Page 7	Copy of ACT scores and/or Health Occupations Aptitude Exam score. Required for MLTP, OTAP, PTHA, and RADT.
<input type="checkbox"/>	Page 8	Evidence of readiness for or completion of BIOL 2400/2410 by indicating the following: ____ I have taken an high school level advanced biology or anatomy and physiology in the past three years and passed it with a "C" or higher. ____ I have taken college level anatomy and physiology in the past five years and passed both lecture and lab sections with a "C" or higher. This course, if taken at another institution, has been approved for transfer credit by the Zane State College Registrar's Office. ____ I have taken college-level A&P greater than 5 years ago and understand that I will be required to retake and successfully complete both lecture and lab sections with a "C" better. ____ I have taken BIOL 1210 and passed it with a "C" or better. ____ I am scheduled to take BIOL 1210 ____ semester.

**NOTE:** No page should be left blank. If the item required on a page is not applicable to you, please provide a brief explanation as to why it does not pertain to you on the appropriate page.

**Program Specific Requirements:** Following Page 8, place your program specific documents behind the appropriately labeled tab divider. Each document should be in a numbered page protector. They are to be in the order specified in the program specific requirements checklist.

- **Sample application folders are available for review in the One Stop, Cambridge Campus, and Health Science Hall reception area.**

## **Sport and Fitness Management Program**

The Sport and Fitness Management program prepares students to enter the world of personal fitness, corporate health, and sport management. With a background in sports, wellness, and fitness instruction, graduates will possess the job skills and knowledge to work one-on-one with a variety of clients. Students will also get first-hand experience with managing the day-to-day operations of a variety of fitness, sport, and recreation programs. The Sport and Fitness Management program is grounded in the importance of applied knowledge.

Through two practical experiences and on-site lab courses, students work under the direction of program faculty and sport/fitness professionals to interact with clients, design personal fitness programs, perform fitness assessments and sport evaluations, and complete a variety of other tasks related to the profession. In the past, our students have completed practical experiences at local fitness centers, worksite wellness programs, and with sports teams at the high school, collegiate, and semi-professional levels.

According to the Ohio Department of Jobs and Family Services, fitness trainers and instructors constitute one of the fastest growing occupations throughout the state. With our aging population, along with the recognition that active, healthy living promotes an increased quality of life, fitness specialists with diverse backgrounds and who are equipped to work with special needs clients will continue to be in demand at an increasing rate. In addition, with the popularity of sport in the American culture, persons interested in sport related occupations continue to have successful, thriving careers. The content and structure of coursework in Zane State College's Sport and Fitness Management program is designed to prepare students for the ACSM Personal Trainer Certification, the ISSA Fitness Certification, among others. The combination of a Sport and Fitness Management degree and a professional certification from the agency of your choice will provide you with the credentials necessary for professional success.

If you are interested in learning more about the growing opportunities in the sport, fitness, and wellness industries, please contact Shelley Zimmerman, Program Director of Sport and Fitness Management, at 740-588-1270, or via email at [szimmerman@zanestate.edu](mailto:szimmerman@zanestate.edu)

The Zane State College Sport and Fitness Management Program will provide each student with:

- Basic knowledge of sport and fitness assessments
- Opportunities for planning and implementing basic exercise programs
- Knowledge of accounting, management and business practices for successful employment in the sport/fitness industry
- An understanding of how to work with athletes, children, older adults, and special populations
- Effective communication skills for working with athlete and fitness clients
- Healthy behavior modeling
- The knowledge to conduct themselves professionally and ethically

## **APPLICATION REQUIREMENT CHECKLIST**

### **Sport and Fitness Management**

Students interested in the Zane State College Sport and Fitness Management Program (SFMT) must present the required application materials to the Program Director in a three-pronged folder (no binders), and each item should be in a page protector.

There are no additional requirements for this program. The application folder should be submitted prior to the start of the expected semester of enrollment.



## Sport & Fitness Management Program (SFMT) Course of Study 2016-2017

First Semester I (Fall)				
Course ID	Course Name	T/B/G	Credits	Ck off
BIOL 2400	Anatomy and Physiology I	G	3	
BIOL 2410	Anatomy and Physiology I Lab	G	1	
ENGL 1500	Composition I	G	3	
FYEX 1010	First Year Success Strategies	G	1	
SFMT 1050	Introduction to Sport Industry	T	3	
SFMT 1100	Personal Wellness	T	2	
	<b>Total:</b>		<b>13</b>	

Second Semester I (Spring)				
Course ID	Course Name	T/B/G	Credits	Ck off
BIOL 2420	Anatomy and Physiology II	G	3	
BIOL 2430	Anatomy and Physiology II Lab	G	1	
HLTH 1210	Medical Terminology	B	2	
HLTH 2230	Nutrition for Sports Management	T	3	
SFMT 1900	Sport & Fitness Activities	T	3	
	<b>Total:</b>		<b>12</b>	

Summer Session I				
Course ID	Course Name	T/B/G	Credits	Ck off
BUSM 1110	Principles of Management	B	3	
SFMT 1070	History of Sport	T	1	
SFMT 1400	Practicum I	T	2	
SFMT 2300	Management of Athletic Injuries	T	3	
	*Social & Behavioral Science Elective	G	3	
	<b>Total:</b>		<b>12</b>	

Curriculum Summary: General (G)/ Basic (B) = 35 Hours

Technical (T) = 30 Hours

Total Curriculum Hours = 65

Third Semester II (Fall)				
Course ID	Course Name	T/B/G	Credits	Ck off
BUSM 1510	Microeconomics	G	3	
ENGL 2500	Composition II	G	3	
SFMT 2000	Sport Management Foundations	T	2	
SFMT 2150	Applied Personal Trainer	T	1	
SFMT 2200	Resistance Training	T	3	
SFMT 2400	Exercise Physiology	T	3	
	<b>Total:</b>		<b>15</b>	

Fourth Semester II (Spring)				
Course ID	Course Name	T/B/G	Credits	Ck off
COMM 1220	Interpersonal Communication	G	3	
MATH 1110	Mathematics for Business	G	3	
SFMT 2650	Practicum II	T	3	
SFMT 2710	Activities for Special Populations	T	1	
	*Arts & Humanities Elective	G	3	
	<b>Total:</b>		<b>13</b>	

Summer Session II				
Course ID	Course Name	T/B/G	Credits	Ck off
	<b>Total:</b>			

NOTE: Students must complete the computer literacy requirement in order to graduate which may be met through competency testing or completion of a program specific computer course. Refer to the degree audit and consult with the program advisor for the appropriate course(s) that meet the computer literacy requirement.

\*ADDITIONAL INFORMATION ON REVERSE

**Sport & Fitness Management Program (SFMT)**  
**Course of Study 2016-2017**  
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Arts & Humanities Electives		
HUMS 1020	Critical Thinking	3
PHIL 1020	Introduction to Ethics	3

Social & Behavioral Science Electives		
PSYC 1010	Introduction to Psychology	3
PSYC 1100	Psychology of Gender	3
PSYC 2030	Child/Adolescent Psychology	3
SOCI 1010	Introduction to Sociology	3