

HEALTH, PHYSICAL EDUCATION, AND RECREATION

NAME: _____

Student ID #: _____

CONCENTRATION: Fitness Management

MINOR: _____

CATALOG YEAR: _____

Department of Health, Physical Education and Recreation
301 Flowers HallNOTE: This program of study **DOES NOT** lead to eligibility
for teacher certification.**ACHE APPROVED June 2009**

(Revised January 2011)

AREA I: WRITTEN COMPOSITION	Hrs	Gr	Sem	MAJOR CORE	Hrs	Gr	Sem
EN 111 1 st year Composition I	3			HPE 466W Legal Issues & Risk Man	3		
En 112 1 st year Composition II	3			HPE 498 Internship	6		
AREA II: HUMANITIES AND FINE ARTS				CONCENTRATION			
Com 201 Fundamentals of Speech	3			HPE 352 Kinesiology	3		
En 211 or 221 or 231 or 233	3			HPE 353W Physiology of Exercise	3		
En 212 or 222 or 232 or 234	3			HPE 378 Athletic Training	3		
H/FA	3			HPE 402 Exercise Rx/Healthy	3		
AREA III: NATURAL SCIENCE AND MATH				HPE 405 Exercise Leadership	3		
MA	3			HPE 408 Consumer Health	3		
*BI 101 OR BI 111 Prin of Biology	4			HPE 410 Health Promotion	3		
*BI 102 OR BI 112 Prin of Biology	4			HPE 424 Drugs in American Society	3		
AREA IV: HISTORY, SOCIAL AND BEHAVIORAL SCIENCES				HPE 430 Behavior Mod Interventions	3		
**HI 101 OR 201	3			HPE 443 Management of HPEA	3		
**HI 102 OR 202	3			HPE 450 Motor Learning	3		
***Soc/Beh Sc OR SO 221	3			HPE 451 Tests and Mea in HPE	3		
***Soc /Beh Sc OR PY201	3			HPE 494 Exercise RX/Moderate Risk	3		
AREA V: ADDITIONAL REQUIREMENTS				SUPPORTING COURSES			
HPE 102 Weight Training	1			BI 241 Human A&P I	4		
HPE 105 Walk/Jog/Run	1			BI 242 Human A&P II	4		
HPE 130 OR 131 Swimming	1			SO 403 Gerontology	3		
HPE 140 Aerobic Dance	1			MG 330 Principles of Management	3		
HPE 175 Essentials of Healthy Living	3			MK 360 Marketing	3		
HPE 213 Foundations of Health	3			MG 391 Entrepreneurship	3		
HPE 221 Intro to Health and Physical Ed	3						
HPE 225 Nutrition and Human Performance	3			TOTAL	68		
HPE 233 First Aid	3						
HPE 270 Practical Experience in PE	1			GRAND TOTAL	132		
CIS 125 Business Apps of Micro Soft	3						
TOTAL	64						

* BI 101 OR BI 111 and BI 102 OR BI 112 are prerequisites for BI 241, Human Anatomy and Physiology I and BI 242, Human Anatomy and Physiology II.

** Students completing HI 101 must take HI 102. Students completing HI 201 must take HI 202.

** *SO 221, Introductory Sociology, and PY 201, General Psychology, are strongly recommended to fulfill the Social/Behavioral Sciences requirements.