**HEALTH, PHYSICAL EDUCATION, AND RECREATION**

**NAME:_____**
**Student ID #:_____**
**CONCENTRATION:_Fitness Management_____**
**MINOR:_____**
**CATALOG YEAR:_____**

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

| **AREA I: WRITTEN COMPOSITION** | Hrs | Gr | Sem | **MAJOR CORE** | Hrs | Gr | Sem |
|---|---|---|---|---|---|---|---|
| EN 111 1st year Composition I | 3 | | | HPE 466W Legal Iss & Risk Man | 3 | | |
| En 112 1st year Composition II | 3 | | | HPE 498 Internship | 6 | | |
| **AREA II: HUMANITIES AND FINE ARTS** | | | | **CONCENTRATION** | | | |
| | | | | HPE 352 Kinesiology | 3 | | |
| Com 201 Fundamentals of Speech | 3 | | | HPE 353W Physiology of Exer | 3 | | |
| En 211 or 221 or 231 or 233 | 3 | | | HPE 378 Athletic Training | 3 | | |
| En 212 or 222 or 232 or 234 | 3 | | | HPE402 Exercise Rx/Healthy | 3 | | |
| H/FA | 3 | | | HPE 405 Exercise Leadership | 3 | | |
| **AREA III: NATURAL SCIENCE AND MATH** | | | | HPE 408 Consumer Health | 3 | | |
| | | | | HPE 410 Health Promotion | 3 | | |
| MA | 3 | | | HPE 424 Drugs in Am Society | 3 | | |
| *BI 101 **OR** BI 111 Prin of Biology | 4 | | | HPE 430 Behavior Mod Interv | 3 | | |
| *BI 102 **OR** BI 112 Prin of Biology | 4 | | | HPE 443 Management of HPEA | 3 | | |
| **AREA IV: HISTORY, SOCIAL AND BEHAVIORAL SCIENCES** | | | | HPE 450 Motor Learning | 3 | | |
| | | | | HPE451 Tests and Mea in HPE | 3 | | |
| **HI 101 **OR** 201 | 3 | | | HPE494Exer RX/Moderate Risk | 3 | | |
| **HI 102 **OR** 202 | 3 | | | **SUPPORTING COURSES** | | | |
| ***Soc/Beh Sc **OR** SO 221 | 3 | | | BI 241 Human A&P I | 4 | | |
| ***Soc /Beh Sc **OR** PY201 | 3 | | | BI 242 Human A&P II | 4 | | |
| **AREA V: ADDITIONAL REQUIREMENTS** | | | | SO 403 Gerontology | 3 | | |
| | | | | MG 330 Prin of Management | 3 | | |
| HPE 102 Weight Training | 1 | | | MK 360 Marketing | 3 | | |
| HPE 105 Walk/Jog/Run | 1 | | | MG391 Entrepreneurship | 3 | | |
| HPE 130 **OR** 131 Swimming | 1 | | | | | | |
| HPE 140 Aerobic Dance | 1 | | | **TOTAL** | **68** | | |
| HPE 175 Essent/Healthy Living | 3 | | | | | | |
| HPE 213 Foundations of Health | 3 | | | **GRAND TOTAL** | **132** | | |
| HPE 221 **OR** SRM 222 | 3 | | | | | | |
| HPE225Nutrition and Human Perf | 3 | | | | | | |
| HPE 233 First Aid | 3 | | | | | | |
| HPE270 Practical Experience in PE | 1 | | | | | | |
| CIS 125 Busin Apps of Micro Soft | 3 | | | | | | |
| | | | | | | | |
| **TOTAL** | **64** | | | | | | |
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*** BI 101 OR BI 111and 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.**