

BACHELOR OF SCIENCE IN HEALTH & FITNESS

NAME: _____

Student ID #: _____

CONCENTRATION: Fitness Management

CATALOG YEAR: _____

Department of Kinesiology

301 Flowers Hall

NOTE: This program of study DOES NOT lead to eligibility for teacher certification.

ACHE APPROVED June 2009

(Revised May 2017)

AREA I: WRITTEN COMPOSITION	Hrs	Gr	Sem	MAJOR CORE	Hrs	Gr	Sem
EN 111 1 st year Composition I	3			HPE 000 Senior Portfolio	0		
En 112 1 st year Composition II	3			HPE 466W Legal Issues & Risk Man	3		
AREA II: HUMANITIES AND FINE ARTS				HPE 498 Internship	6		
a. Com 201 Fundamentals of Speech	3			CONCENTRATION			
b. <u>3 credit hours from</u> AR 170 OR AR 281 OR AR 282 OR COM 133 OR MU 222 OR MU 244 OR TH 210	3			HPE 225 Nutrition and Human Performance	3		
c. <u>3-6 credit hours from</u> EN 211 OR EN 212 OR EN 221 OR EN 222 OR EN 231 OR EN 232 OR EN 233 OR EN 234	3			HPE 352 Kinesiology	3		
d. <u>0-3 credit hours from</u> FL 100 OR FR 101 OR FR 102 OR FR 201 OR FR 202 OR GR 101 OR GR 102 OR GR 201 OR GR 202 OR PHL 201 OR PHL 205 OR PHL 250 OR RE 111 OR RE 221 OR RE 231 OR SP 101 OR SP 102 OR SP 201 OR SP 202	3			HPE 353W Physiology of Exercise	3		
AREA III: NATURAL SCIENCE AND MATH				HPE402 Exercise Rx/Healthy	3		
MA	3			HPE 403 Essentials of Rx Resist Train	3		
*BI 101 OR BI 111 Prin of Biology	4			HPE 405 Exercise Leadership	3		
*BI 102 OR BI 112 Prin of Biology	4			HPE 430 Behavior Mod Interventions	3		
AREA IV: HISTORY, SOCIAL AND BEHAVIORAL SCIENCES				HPE 443 Management of HPE	3		
**HI 101 OR 201	3			HPE451 Applied Statistics in Hlth/Exer Sci	3		
**HI 102 OR 202	3			CHOOSE ONE COURSE FROM THE FOLLOWING:			
***Soc/Beh Sc OR SO 221	3			HPE 378 Athletic Training	3		
***Soc /Beh Sc OR PY201	3			HPE 408 Consumer Health	3		
ADDITIONAL MAJOR REQUIREMENTS				HPE 410 Health Promotion	3		
HPE 102 Weight Training	1			HPE 424 Drugs in Society	3		
HPE 105 Walk/Jog/Run	1			HPE 490 Concepts & Analysis of Research	3		
HPE 130 OR 131 Swimming	1			HPE 401 Adapted Physical Education	3		
HPE 140 Aerobic Fitness	1			SRM 444 Recreation for Special Populations	3		
HPE 175 Essentials of Healthy Living	3			SUPPORT COURSES			
HPE 213 Foundations of Health	3			BI 241 Human A&P I	4		
HPE 221 Intro to Health and Physical Ed	3			BI 242 Human A&P II	4		
HPE 233 First Aid	3			MG 330 Principles of Management	3		
CIS 125 Business Apps of Micro Soft	3			MG 331 Leadership & Organ Behavior	3		
TOTAL	60			MG 362 Human Resource Management	3		
				MG 391 Entrepreneurship	3		
				MK 360 Marketing	3		
				TOTAL	62		
				GRAND TOTAL	122		

* 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.