

BACHELOR OF SCIENCE IN HEALTH & FITNESS

NAME: _____

Student ID #: _____

CONCENTRATION: Health Promotion

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 February 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. 3 credit hours from AR 170 OR AR 281 OR AR 282 OR COM 133 OR MU 222 OR MU 244 OR TH 210	3			HPE 350 App Nutrition/Lifespan	3		
c. 3-6 credit hours from 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 351 Chronic Diseases/Hea Prom	3		
d. 0-3 credit hours from 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 352 Kinesiology	3		
AREA III: NATURAL SCIENCE AND MATH				HPE 353W Physiology of Exercise	3		
MA	3			HPE 360 Intro to Fit Testing	3		
*BI 101 OR BI 111	4			HPE 402 Exercise Rx/Healthy	3		
*BI 102 OR BI 112	4			HPE 410 Health Promotion	3		
AREA IV: HISTORY, SOCIAL /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 451 Applied Statistics in Hlth/Exer Sci	3		
***Soc/Beh Sc OR SO 221	3			HPE 494 Exercise Rx/Moderate Risk	3		
*** Soc/Beh Sc OR PY 201	3			CHOOSE THREE COURSES FROM THE FOLLOWING:			
ADDITIONAL MAJOR REQUIREMENTS				HPE 406 Human Sexuality	3		
HPE 102 Weight Training	1			HPE 408 Consumer Health	3		
HPE 105 Walk/Jog/Run	1			HPE 420 Health and Aging	3		
HPE 130 OR 131 Swimming	1			HPE 422 Public Health	3		
HPE 140 Aerobic Fitness	1			HPE 424 Drugs in Society	3		
HPE 175 Essentials of Healthy Living	3			HPE 490 Concepts & Analysis of Research	3		
HPE 213 Foundations of Health	3			SUPPORT COURSES			
HPE 221 Intro to Health and Physical Ed	3			BI 241 Human A&P I	4		
HPE 233 First Aid	3			BI 242 Human A&P II	4		
CIS 125 Business Apps of Micro Soft	3			MK 360 Principles of Marketing	3		
TOTAL	60			COM 410 Layout and Design	3		
				TOTAL	65		
				GRAND TOTAL	12		
					5		

* 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.