

**FITNESS MANAGEMENT  
SUGGESTED FOUR YEAR SCHEDULE**

1 <sup>st</sup> SEMESTER (FALL)		2 <sup>nd</sup> SEMESTER (SPRING)		1 <sup>st</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
EN 111	3	EN 112	3		
HI 101 OR 201	3	HI 102 OR 202	3		
BI 101 OR 111	4	BI 102 OR 112	4		
HPE 175 Es/Healthy Liv	3	Soc/Beh Science	3		
HPE 102 OR HPE 105	1	HPE 213 Found of Health	3		
HPE 140 Aerobic Dance	1	HPE 102 OR HPE 105	1		
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>17</b>		

3 <sup>rd</sup> SEMESTER (FALL)		4 <sup>th</sup> SEMESTER (SPRING)		2 <sup>nd</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
BI 241 Human A&P I	4	BI 242 Human A&P II	4		
COM 201 Speech	3	CIS 125	3		
Literature	3	Humanities	3		
HPE 221 Intro to HPE	3	Fine Arts	3		
HPE 225 Nutr & Hum Perf	3	Math	3		
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>16</b>		

5 <sup>th</sup> SEMESTER (FALL)		6 <sup>th</sup> SEMESTER (SPRING)		3 <sup>rd</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HPE 130 OR 131 Swim	1	HPE 352 Kinesiology	3	HPE 405 Ex Lead	3
HPE 233 First Aid	3	MG 331 Leader&Organiz	3		
HPE 353W Phys of Exer	3	HPE 402 Ex Rx/Healthy	3		
HPE 430 Beh Mod Interv	3	MK 360 Prin of Marketing	3		
MG 330 Prin of Mgt	3	HPE 443 Mgt of HPEA	3		
Soc/Beh Science	3				
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>3</b>

7 <sup>th</sup> SEMESTER (FALL)		8 <sup>th</sup> SEMESTER (SPRING)		4 <sup>th</sup> SUMMER	
Course	Sem Hrs	Course	Sem Hrs	Course	Sem Hrs
HPE 403 Rx Resistance Tr	3	HPE 378 or 401 or 408 or 410 or 424 or 490 or SRM 444	3		
MG 362 Hum Resour Mgt	3	HPE 466 Legal Issues	3		
MG 391 Entrepreneur	3	HPE 498 Internship	6		
HPE 451 Applied Statistics	3				
		<b>TOTAL</b>	<b>12</b>		
<b>TOTAL</b>	<b>12</b>	<b>TOTAL</b>	<b>122</b>		

NOTES:

**FITNESS MANAGEMENT CONCENTRATION**

The Department of Health, Physical Education and Recreation offers a non-teaching major leading to the Bachelor of Science degree in Health, Physical Education and Recreation with a concentration in Fitness Management. Students seeking course work in this concentration may also want to consider additional certifications that will prepare them for employment as a personal trainer. Courses in this program of study will prepare students for the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist and American College of Sports Medicine's Health Fitness Specialist certification exams. Career opportunities in fitness management include:

- Fitness director/club manager
- Private fitness director
- Private fitness/wellness leader
- YMCA/YWCA
- Corporate fitness director
- Corporate fitness/wellness leader
- Hospital fitness director
- Hospital fitness/wellness leader
- Personal fitness trainer
- Strength and conditioning coach
- College/university instructor

**For additional information contact the:**  
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