

HEALTH AND FITNESS SCIENCE DEGREE

Program Code: A45630

Course	Title	Hours
First Year		
Fall		
ENG-111	Writing and Inquiry	3
HFS-110	Exercise Science	4
BIO-168	Anatomy and Physiology I	4
ACA-122	College Transfer Success	1
HFS-111	Fitness & Exercise Testing I	4
Hours		16
Spring		
BIO-169	Anatomy and Physiology II	4
HFS-120	Group Exercise Instruction	3
HEA-110	Personal Health/Wellness	3
HEA-112	First Aid & CPR	2
HFS-210	Personal Training	3
HFS-218	Lifestyle Change & Wellness	4
Hours		19
Second Year		
Fall		
HFS-118	Fitness Facility Management	4
BIO-155	Nutrition	3
PED-110	Fit and Well for Life	2
Math Elective ¹		3-4
Social/Behavioral Science Elective ¹		3
Hours		15-16
Spring		
HFS-116	Prevention & Care of Exercise Injuries	3
Humanities/Fine Arts Elective ¹		3
English/COM Elective ¹		3
PED Electives ¹		2
HFS-212	Exercise Programming	3
Hours		14
Total Hours		64-65

Electives English/COM

Code	Title	Hours
ENG-112	Writing and Research in the Disciplines	3
COM-120	Introduction to Interpersonal Communication	3
COM-231	Public Speaking	3

Humanities/Fine Arts

Code	Title	Hours
ART-111	Art Appreciation	3
DRA-111	Theatre Appreciation	3
ENG-231	American Literature I	3
ENG-232	American Literature II	3
ENG-241	British Literature I	3
ENG-242	British Literature II	3
MUS-110	Music Appreciation	3
PHI-215	Philosophical Issues	3

PHI-240	Introduction to Ethics	3
COM-110	Introduction to Communication	3

Social/Behavioral Science

Code	Title	Hours
ECO-251	Principles of Microeconomics	3
ECO-252	Principles of Macroeconomics	3
PSY-150	General Psychology	3
SOC-210	Introduction to Sociology	3
PSY-241	Developmental Psychology	3
SOC-220	Social Problems	3
SOC-225	Social Diversity	3
HIS-111	World Civilizations I	3
HIS-112	World Civilizations II	3
HIS-131	American History I	3
HIS-132	American History II	3
HIS-164	History of Sports	3
POL-120	American Government	3

Math

Code	Title	Hours
MAT-143	Quantitative Literacy	3
MAT-152	Statistical Methods I	4
MAT-171	Precalculus Algebra	4

PED Options

Code	Title	Hours
PED-117	Weight Training I	1
PED-119	Circuit Training	1
PED-172	Outdoor Living	2
HEA-120	Community Health	3

¹ See List