

SCHOOL OF HEALTH SCIENCES  
Department of Health and Human Performance

**MAJOR IN HEALTH AND FITNESS EDUCATION**  
**80 Credits**

**Suggested Course Sequence**

Based on 2019-20 Undergraduate Catalog

	<b><u>AUTUMN</u></b>		<b><u>WINTER</u></b>		<b><u>SPRING</u></b>
<b>FR</b>	HHP 1301 (3) HHP 2195 (5) HHP 2128 (3)	-OR-	HHP 1301 (3) HHP 2128 (3)	-OR-	HHP 1301 (3) HHP 2617 (2) HHP 2128 (3)
<b>SO</b>	BIO 2129 (5)* HHP 2618 (2) HHP 3555 (5)		BIO 2130 (5) HHP 2619 (2)		HHP 3575 (5)
<b>JR</b>	HHP 3545 (3) HHP 3510 (5) HHP 3570 (5)	-OR-	HHP 3570 (5) HHP 3510 (5) HHP 4555 (3)	-OR-	HHP 3580 (5) HHP 3510 (5)
<b>SR</b>	HHP 3560 (5) HHP 4585 (5) HHP 4899 (2)		HHP 4899 (2)		HHP 4899 (1)

NOTE 1: This is the recommended class rotation for the Health and Fitness major based on the 2018-19 Time Schedule. Students should keep in mind that course offerings may change at any time and adjustments to student academic plans may be necessary.

NOTE 2: This progression **does not include 4 credits of elective courses required for the Health and Fitness Education major.** These classes should be added according to student availability.

NOTE 3: This class rotation **does not include** courses which lead to Teacher Certification. These courses should be added to the student academic plan.

\*NOTE 4: Prerequisite for BIO 2129: CHM 1100, 1211, or 1310, or score of 35 or higher on the Chemistry placement Exam.

**The following courses are required of all students intending to complete a degree in either Health and Fitness Education or Exercise Science:**

Total credits: 54

Course	Title	Credits	Quarter	Grade
HHP 1301	Wellness and Physical Activity	3		
HHP 2128	Functional Anatomy	3		
BIO 2129*	Human Anatomy and Physiology	5		
BIO 2130	Human Anatomy and Physiology	5		
HHP 2195	Philosophy and Research in Health and Physical Activity	5		
HHP 3560	Psychological Aspects of Health and Physical Activity	5		
HHP 3570	Biomechanics	5		
HHP 3575	Motor Development and Learning	5		
HHP 3580	Exercise Physiology	5		
HHP 4555	Community Health Promotion	3		
HHP 4585	Applied Exercise Science	5		
HHP 4899	Contemporary Issues in Health and Physical Activity (1-2 cr. each Class)	5		

**The following courses are required of all students intending to complete a degree in Health and Fitness Education:**

Total credits: 26

Course	Title	Credits	Quarter	Grade
HHP 2617	Teaching Health and Fitness	2		
HHP 2618	Teaching Individual and Team Sports	2		
HHP 2619	Teaching Leisure Activities and Alternative Games	2		
HHP 3555	Methods of Teaching Health	5		
HHP 3510	Teaching Physical Education	5		
HHP 3545	Programs for Special Populations	3		
HHP 4595	Administration of Programs in Health and Physical Activity	3		
HHP electives		4		

**The following are electives for a degree in Health and Fitness Education:**

Course	Title	Credits	Quarter	Grade
FCS 3340	Human Nutrition	5		
HHP 2550	Responding to Emergencies	3		
HHP 3590	Sport Injury Management	4		
HHP 4575	Coaching and Training Seminar	4		
HHP 4930	Exercise Science Practicum	1		
HHP 4940	Internship	5		

Student: \_\_\_\_\_ ID#: \_\_\_\_\_

Admitted to Major: \_\_\_\_\_

Graduation check: \_\_\_\_\_

Advisor/Date