

What can you do with a Health & Fitness Education major from SPU?

The Health and Fitness Education major at Seattle Pacific University builds a strong foundation in the application and pedagogy of human movement science. You are prepared for leadership positions in a variety of fields in which you can promote healthy lifestyles for people of all ages. Whether you plan to become a certificated teacher, a coach, or another type of health care or fitness professional, a Health and Fitness Education degree from SPU gives you the skills and knowledge base you need.

Potential occupations include:

- Athletic Coach
- Fitness Center Trainer
- Personal Trainer
- Athletic Trainer
- Health Promotion Specialist
- Wellness Coach
- Community Recreational Director
- K-12 Health/Fitness Teacher
- Wellness Program Manager

Other majors at SPU with similar requirements in the first two years

Exercise Science

Suggested transfer preparation at Shoreline Community College

Associate in Arts (AA-DTA)

Courses in the major you may complete at Shoreline Community College

Shoreline Community College Courses	Equivalent SPU Courses
BIOL& 231 Human Anatomy (5) – and – BIOL& 232 Human Physiology (5) – OR – BIOL& 241 Human Anatomy & Physiology I (5) – and – BIOL& 242 Human Anatomy & Physiology II (5)	BIO 2129 Human Anatomy & Physiology (5) – and – BIO 2130 Human Anatomy & Physiology (5)

Note: Only courses with a regular grade of 1.7 (C-) or higher may count toward a major or minor.

Admission to the major

If you identify the Health & Fitness Education major as your first choice on your application for admission to the University, you will automatically gain entry to the major when admitted to SPU.

Learn more about the Health & Fitness Education major at:

<http://spu.edu/health-fitness-ed>

<http://spu.edu/health-fitness-ed-reqs>

Get more information about transfer admission to Seattle Pacific University at <http://spu.edu/transfer>.

Questions? Contact transfer@spu.edu.

Courses to complete at SPU

HHP 1301 Wellness and Physical Activity (3)
HHP 2128 Functional Anatomy (3)
HHP 2195 Philosophy & Research in Health/Phys (5)
HHP 2617 Teaching Health & Fitness (3)
HHP 2619 Tch Leisure, Alt Games & Sport (3)
HHP 3510 Teaching Physical Education (5)
HHP 3545 Programs for Special Populations (3)
HHP 3555 Methods of Teaching Health (5)
HHP 3560 Psy Aspects of Health & Phys Act (5)
HHP 3570 Biomechanics (5)
HHP 3575 Motor Learning & Development (5)
HHP 3580 Exercise Physiology (5)
HHP 4555 Community Health Promotion (3)
HHP 4585 Applied Exercise Science (5)
HHP 4595 Admin & Ldrshp: Health & Phys Act (3)
HHP 4899 Contemporary Issues Health & Phys Act (5)
Health & Fitness Education Electives (4) from this list:
<ul style="list-style-type: none"> • HHP 2550 Responding to Emergencies (3) • FCS 3340 Human Nutrition (5) • HHP 3590 Sport Injury Management (4) • HHP 3942 Internship & Career (1) • HHP 4575 Coaching & Training Seminar (4) • HHP 4930 Exercise Science Practicum (1) • HHP 4942 Internship Reflect & Prof Dev (3)

Other requirements for the degree

In addition to the major, the degree requires completion of any remaining general education and University requirements, and at least 180 college-level credits total, including 60 upper-division (UD) credits.

All students must complete the University Foundations Requirement at SPU – even those who have completed the Direct Transfer Agreement (DTA) Associate Degree.

Students admitted with fewer than 90 credits (freshmen and sophomores) complete 15 credits:

- UFDN 1000 The Christian Faith (5)
- UFDN 2000 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

Students admitted with 90 credits or more (juniors and seniors) complete 10 credits:

- UFDN 3001 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

Suggested course plan for your junior and senior years at SPU

Assumes junior standing at entrance, and successful completion of BIOL& 231 and 232, or BIOL& 241 and 242, prior to transfer.

Junior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> • HHP 1301 (3) -- or take in winter. • HHP 2195 (5) • HHP 3545 (3) • + credits to total 15-18 	<ul style="list-style-type: none"> • HHP 1301 (3) -- if not taken autumn. • HHP 2619 (3) • HHP 3510 (5) • + credits to total 15-18 	<ul style="list-style-type: none"> • HHP 2617 (3) • HHP 3555 (5) • HHP 3580 (5) • + credits to total 15-18 	<ul style="list-style-type: none"> • HHP 1301 is a prerequisite for HHP 3580. • Apply to graduate in the winter or in early spring. • Contact the School of Education for information about Teacher Certification, which requires additional courses.
Any Quarter Offered: <ul style="list-style-type: none"> • Take HHP 2128 (3) any quarter this year. • Take one or more Health and Fitness Education electives this year -- some have prerequisites. • UFDN, general education, and University requirements. 			
Senior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> • HHP 3560 (5) • HHP 4585 (5) • HHP 4899 (2) • + credits to total 15-18 	<ul style="list-style-type: none"> • HHP 3570 (5) • HHP 4555 (3) • HHP 4595 (3) • HHP 4899 (2) • + credits to total 15-18 	<ul style="list-style-type: none"> • HHP 3575 (5) • HHP 4899 (1) • + credits to total 15-18 	<ul style="list-style-type: none"> • Be sure you have taken a total of 180 college-level credits, including at least 60 upper-division credits (courses numbered 3000 – 4999).
Any Quarter Offered: <ul style="list-style-type: none"> • Take HHP 4899 each quarter this year, twice for 2 credits and once for 1 credit, for a total of 5 credits. • Remaining electives, UFDN, general education, and University requirements. 			