

SCHOOL OF HEALTH SCIENCES
Department of Health and Human Performance

Student: _____ ID#: _____ Catalog Year: 2020-21

MAJOR IN HEALTH AND FITNESS EDUCATION
80 Credits

Admitted to Major: _____

Graduation check: _____
Advisor/Date

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 quarter)	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	3		
HHP 2619	Teaching Leisure Activities and Alternative Games	3		
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	Choose one from the list below	4		

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

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

2020-21 Advising Plans

	<u>AUTUMN</u>		<u>WINTER</u>		<u>SPRING</u>
FR	HHP 1301 (3) HHP 2128 (3)	-OR- -OR-	HHP 1301 (3) HHP 2128 (3)	-OR- -OR-	HHP 1301 (3) HHP 2128 (3) HHP 2617 (2)
SO	BIO 2129 (5)* HHP 2195 (5)		BIO 2130 (5) HHP 2619 (2)		HHP 3575 (5) HHP 3555 (5)
JR	HHP 3545 (3) HHP 3510 (5)	-OR-	HHP 3570 (5) HHP 3510 (5) HHP 4555 (3)		HHP 3580 (5)
SR	HHP 3560 (5) HHP 4585 (5) HHP 4899 (2)		HHP 4899 (2) HHP 4595 (3)		HHP 4899 (1)

NOTE 1: This is the recommended class rotation for the Health and Fitness major based on the 2020-21 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.