SEATTLE PACIFIC UNIVERSITY

Health and Fitness Education

2019-20

What can you do with a Health and 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
- Athletic Trainer
- Community Recreational Director
- Fitness Center Trainer
- Health Promotion Specialist
- K-12 Health/Fitness Teacher
- Personal Trainer
- Wellness Coach

Suggested Transfer Preparation at South Seattle College

Associate of Arts-Direct Transfer Agreement (AA-DTA) degree, and completion of the courses below.

Majors with similar requirements in first two years

BS in Exercise Science

Courses in the major you may complete at South Seattle College

South Seattle College Courses	Equivalent SPU Courses
BIOL& 241 Human Anatomy & Physiology I (6) **and** BIOL& 242 Human Anatomy & Physiology II (6)	BIO 2129 Anatomy & Physiology (5) **and** BIO 2130 Anatomy & Physiology (5)

Note: Completion of these courses is not required for transfer, but the two-course Anatomy & Physiology sequence should be completed before transfer if you want to finish your SPU degree in two years. Only courses with a regular grade of 1.7 (C-) or higher may count toward a major or minor.

Admission to the Major

Admission to this major is guaranteed for transfer students admitted to SPU. Once you begin classes at SPU, complete the Major Application form in the Banner Information System to formalize your acceptance to the major.

Learn more about the Health and Fitness Education major:
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 in the major to complete at SPU

HHP 1301 Wellness and Physical Activity (3)
HHP 2128 Functional Anatomy (3)
HHP 2195 Philos & Research: Health/Phys Activ (5)
HHP 2617 Teaching Health and Fitness (3)
HHP 2619 Teaching Leisure & Alternative Games (3)
HHP 3510 Teaching Physical Education (5)
HHP 3545 Programs for Special Populations (3)
HHP 3555 Methods of Teaching Health (5)
HHP 3560 Psych Aspects of Health/Phys Activity (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 & Ldrship: Health & Phys Activity (3)
HHP 4899 Contemporary Issues in Health & Phys (5)
FCS 3340 Human Nutrition (5)
Health and Fitness Education Electives (4 credits)

University Foundations Requirement

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)

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.

Suggested course plan for your junior and senior years at SPU

Assumes junior standing at entrance and satisfactory completion of BIOL& 241 and BIOL& 242 prior to transfer.

Junior Year

AUTUMN	WINTER	SPRING	NOTES
• HHP 2618 (2) • HHP 1301 (3) • HHP 2195 (5) • HHP 3545 (3) • +0-5 credits	• HHP 2128 (3) • HHP 3510 (5) • HHP 4555 (3) • HHP 3570 (5) • +0-2 credits	• HHP 3555(5) • HHP 3575 (5) • HHP 3580 (5) • +0-3 credits	Apply to the major as soon as you are eligible. Once admitted to the major, apply to graduate. There are additional courses required for teaching certification at all levels. See Certification Requirements in the School of Education for more information.
ANY QUARTER Choose 4 elective credits from among FCS 3340, HHP 2550, 3590, 4575, 4595, 4930, and 4940. Complete UFDN, UCOR, Exploratory Curriculum, general electives, and general University requirements as needed.			

Senior Year

AUTUMN	WINTER	SPRING	NOTES
• HHP 3560 (5) • HHP 4585 (5) • HHP 4899 (2) • UFDN 3001 (5)	• HHP 2619 (2) • HHP 4595 (3) • HHP 4899 (2) • UFDN 3100 (5) • +0-6 credits	• HHP 2617 (2) • HHP 4899 (1) • +9-15 credits	Complete HHP 4899 each quarter in the senior year, for 5 credits total Take sufficient credits to reach 180 total and 60 upper-division (UD)
ANY QUARTER Complete remaining HHP elective course as needed Complete UFDN, UCOR, Exploratory Curriculum, general electives, and general University requirements as needed.			