

SCHOOL OF HEALTH SCIENCES
Department of Health and Human Performance

Student: _____ ID#: _____ Catalog Year: 2022-23

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*	Senior Capstone (over three quarters 2, 2, 1 credits)	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		

2022-23 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)*		BIO 2130 (5) HHP 2619 (2)		HHP 3575 (5) HHP 3555 (5)
JR	HHP 3545 (3) HHP 3510 (5) HHP 2195 (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 2022-23 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.