

Health and Wellness Major – 2014-2015 Catalog

FITNESS TRACK

FIRST YEAR				
<u>FALL</u>			<u>SPRING</u>	
ENG 111		4	ENG 112	4
UNI 101		1	MTH 310	4
HPE 210		3	PSY 153	4
HPE 158		3	GENERAL EDUCATION	3
PED 206		2	HPE 200	3
ATH 200		3		
TOTAL HOURS		16.0	TOTAL HOURS	18.0

SECOND YEAR				
<u>FALL</u>			<u>SPRING</u>	
GENERAL EDUCATION		6	GENERAL EDUCATION	6
HPE 214		3	BIO 307	5
BIO 101		4	HPE 300	3
BIO 101L		0	HPE 250	2
HPE 159		2		
TOTAL HOURS		15.0	TOTAL HOURS	16.0

THIRD YEAR				
<u>FALL</u>			<u>SPRING</u>	
HPE 410		3	GENERAL EDUCATION	3
GENERAL EDUCATION		6	MAJOR ELECTIVES UL** (#3)	3
MAJOR ELECTIVE** (#1)		3	MAJOR ELECTIVE UL** (#4)	3
MAJOR ELECTIVE UL** (#2)		3	PSY 211	3
TOTAL HOURS		15.0	TOTAL HOURS	12.0

FOURTH YEAR				
<u>FALL</u>			<u>SPRING</u>	
HPE 390		3	HPE 450	3
MAJOR ELECTIVES UL** (#5)		3	HPE 490	3
HPE 420 W		3	HPE 470	8
ELECTIVES		6		
TOTAL HOURS		15.0	TOTAL HOURS	14.0

***General Education Requirements – Some courses fulfill general education as well as major requirements. See catalog for accepted courses for general education**

If students choose to double major and/or minor, the following catalog rule applies: any course applied toward the completion of one major or minor may not also be applied toward the fulfillment of elective requirements in another major or minor.

****Choose a minimum of 5 courses from the list below.**

FITNESS TRACK ELECTIVES:	HPE 212 (every spring) or PED 353 (every fall)	HPE 281 (even spring)
	HPE 301 W (odd spring)#	HPE 325 W (every fall)#
	PED 349 (every fall – must be taken before PED 455)	HPE 375 (even fall)
	HPE 379 (odd spring)	HPE 430 (every spring)
	PED 455 (every spring)	HPE 435 (odd fall)

indicates electives that are strongly recommended