

Health and Wellness Major – 2015-2016 Catalog
FITNESS HEALTH & WELLNESS TRACK

FIRST YEAR				
FALL			SPRING	
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 (8 week course)	2		HPE 200	3
^ATH 200	3			
TOTAL HOURS	16.0		TOTAL HOURS	18.0

SECOND YEAR				
FALL			SPRING	
GENERAL EDUCATION	6		GENERAL EDUCATION	6
HPE 214	3		BIO 309	5
BIO 101	4		BIO 309 Lab	0
BIO 101L	0		^HPE 300	3
PED 157	3		HPE 250	2
TOTAL HOURS	16.0		TOTAL HOURS	16.0

THIRD YEAR				
FALL			SPRING	
HPE 410	3		GENERAL EDUCATION	3
GENERAL EDUCATION	6		MAJOR ELECTIVES UL** (#2)	3
MAJOR ELECTIVE** (#1)	3		MAJOR ELECTIVE UL** (#3)	3
BIO 308	5		MAJOR ELECTIVE UL** (#4)	3
BIO 308 Lab	0		PSY 211	3
TOTAL HOURS	17.0		TOTAL HOURS	15.0

FOURTH YEAR				
FALL			SPRING	
HPE 390	3		HPE 450	3
MAJOR ELECTIVES UL** (#5)	3		HPE 490	3
HPE 420 W	3		HPE 470	8
ELECTIVES	6		ELECTIVE	3
TOTAL HOURS	15.0		TOTAL HOURS	17.0

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

^Courses that are offered each semester.

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 HEALTH & WELLNESS ELECTIVES:

HPE 212 (every spring) **or** PED 353 (every fall)
HPE 301 W (odd spring)#
PED 349 (every fall – must be taken before PED 455)
HPE 379 (odd spring)
PED 455 (every spring)

HPE 281 (even spring)
HPE 325 W (every fall)#
HPE 375 (even fall)
HPE 430 (every fall)
HPE 435 (odd fall)

indicates electives that are strongly recommended