

**Health and Wellness Major – 2016-2017 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 or 110		4	BIO 309 Lab	0
BIO 101L or 110L		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 (fall, odd)		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 (every 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