



## Health & Fitness Management

### Suggested Schedule – Four Year Track

#### Full-time Progression

#### FRESHMAN YEAR = 32-33 hours

FALL SEMESTER	16 credit hours	SPRING SEMESTER	17 credit hours
ENGL 1101	English Composition I [a C or higher] (3-0-3)	ENGL 1102	English Composition II [a D or higher ] (3-0-3)
Area A2	MATH1101, 1111, 1113, 1241, 1501 (3-0-3)	Area D2	MATH 1113/1221/1231*/1241/1501/2502, CSC1301, SCI1901[*recommended] (3-0-3)
Area B2	COMM1110, COMM 1001/1002; SPAN1002, FREN1002 (3-0-3)	HFMG 1101	Survey of Health & Fitness Professions (1-0-1)
POLS 1101	American Government (3-0-3)	CRIT 1101	Critical Thinking Across the Curriculum (3-0-3)
Area D1	BIOL 1107, BIOL 1111, CHEM 1151, PHYS 1111, PHYS 2111 (3-0-3)	Area E3	HIST 2111 or HIST 2112 (3-0-3)
Area D1	BIOL 1107L, BIOL 1111L, CHEM 1151L, PHYS 1111L, PHYS 2111L (0-2-1)	Area D1	BIOL 1108, BIOL 1112, CHEM 1152, PHYS 1112, PHYS 2212 (3-0-3)
		Area D1	BIOL 1108L, CHEM 1151L or PHYS 1111L, PHYS 2212L (0-2-1)

#### SOPHOMORE YEAR = 32 hours

FALL SEMESTER	16 credit hours	SPRING SEMESTER	16 credit hours
Area C1	ENGL 2111, ENGL 2112, ENGL 2131, ENGL 2132, ENGL 2121, ENGL 2122, PHIL 2201, PHIL 2301, PHIL 2601, or Foreign Language (3-0-3)	Area C2	ART 2301, ART 2302, THEA 1100, MUSC 2301, MUSC 2101, PHIL 2401, CMS 2100 or Foreign Language (3-0-3)
Area F	Anatomy & Physiology I (3-0-3)	Area E2	HIST 1111/1112, SOSC 2501 (3-0-3)
Area F	Anatomy & Physiology I Lab (0-1-1)	Area F	Anatomy & Physiology II (3-0-3)
ACCT 2101	Principles of Accounting I (3-0-3)	Area F	Anatomy & Physiology II Lab (0-1-1)
HFMG 2110	First Aid & CPR (2-2-3)	ECON 2105	Principles of Economics I (3-0-3)
Area E4	PSYC 1101 or SOCI 1101 (3-0-3)	MGMT 3101	Mgmt. Princ. & Org. Behavior (3-0-3)

#### JUNIOR YEAR = 36 hours

FALL SEMESTER	15 credit hours	SPRING SEMESTER	18 credit hours
HFMG 3101	Kinesiology (2-2-3)	HFMG 3102	Exercise Physiology (3-0-3)
HFMG 3110	Personal Health & Wellness (3-0-3)	HFMG 3121	Injury Prevention & Rehabilitation (2-2-3)
HLTH 3110	Interactive Communication (3-0-3)	HFMG 4060	Personal Nutrition for a Healthy Living (3-0-3)
MKTG 3101	Principles of Marketing (3-0-3)	HSCI 3520	Legal Issues in Health Care (3-0-3)
HLTH 3341	Cultural Diversity In Health & Illness (3-0-3)	HSCI 3550	Ethical Issues in Health Care (3-0-3)
		FINA 3100	Personal Financial Management (3-0-3)

#### SENIOR YEAR = 24 hours

FALL SEMESTER	12 credit hours	SPRING SEMESTER	12 credit hours
Elective	HFMG 3970: Practicum in HF (0-15-3) HFMG 4800: selected topics in HF (3-0-3) HFMG 4400: Ex & Sport Psych MGMT 4311: entrepreneurship	HFMG 4999	Health & Fitness Management Capstone (3-0-3)
HFMG 3130	Principles of Fitness (across populations) (2-2-3)	HFMG 4970	Health & Fitness Internship (0-15-3)
HFMG 3140	Exercise Testing & Prescription (2-2-3)	MGMT 4101	Human Resource Management (3-0-3)
HFMG 4110	Health & Fitness Management (3-0-3)	HFMG 3382	Substance Use in Health & Fitness (3-0-3)

**Suggested Schedule – Five Year Track**
**Part-time Progression**

<b>FALL SEMESTER</b> 10 credit hours			<b>SPRING SEMESTER</b> 8 credit hours		
ENGL 1101	English Composition I [a C or higher]	(3-0-3)	ENGL 1102	English Composition II [a D or higher]	(3-0-3)
Area A2	MATH1101, 1111, 1113, 1241, 1501	(3-0-3)	BIO 1108 (D1)	Principles of Biology	(3-0-3)
BIO 1107 (D1)	Principles of Biology	(3-0-3)	BIO 1108L	Biology Lab	(0-2-1)
BIO 1107 L	Biology Lab	(0-2-1)	HFMG 1101	Survey of Health & Fitness Professions	(1-0-1)
<b>SUMMER SEMESTER</b> 7 credit hours			<b>FALL SEMESTER</b> 10 credit hours		
COMM 1110	Spoken Communication	(1-0-1)	Area E2	HIST 1111/1112 or SOSOC 2501	(3-0-3)
Area E4	PSYC 1101 or SOCI 1101	(3-0-3)	Area F	Anatomy & Physiology I	(3-0-3)
MATH 1231	Introductory Statistics	(3-0-3)	Area F	Anatomy & Physiology I Lab	(0-1-1)
<b>SPRING SEMESTER</b> 7 credit hours			<b>HFMG 3110</b> Personal Health & Wellness (3-0-3)		
POLS 1101	American Government	(3-0-3)	<b>SUMMER SEMESTER</b> 6 credit hours		
Area F	Anatomy & Physiology II	(3-0-3)	CRIT 1101	Critical Thinking Across the Curriculum	(3-0-3)
Area F	Anatomy & Physiology II Lab	(0-1-1)	C1	ENGL 2111, ENGL 2112, ENGL 2121, ENGL 2122, ENGL 2131, ENGL 2132, PHIL 2201, PHIL 2301, PHIL 2601 or Foreign Language	(3-0-3)
<b>FALL SEMESTER</b> 9 credit hours			<b>SPRING SEMESTER</b> 9 credit hours		
C2	ART 2301, ART 2302, THEA 1100, MUSC 2301, MUSC 2101, PHIL 2401, or Foreign Language	(3-0-3)	MGMT 3101	Mgmt. Princ. & Org. Behavior	(3-0-3)
ACCT 2101	Principles of Accounting I	(3-0-3)	ECON 2105	Principles of Economics I	(3-0-3)
Area A3	HIST 2111/2112	(3-0-3)	HFMG 2110	First Aid/CPR	(2-2-3)
<b>SUMMER SEMESTER</b> 9 credit hours			<b>FALL SEMESTER</b> 9 credit hours		
MKTG 3101	Principles of Marketing	(3-0-3)	HFMG 3130	Principles of Fitness across the pop.	(2-2-3)
HLTH 3110	Interactive Communication	(3-0-3)	HFMG 3101	Kinesiology	(2-2-3)
HLTH 3341	Cultural Diversity in Health & Illness	(3-0-3)	MGMT 4101	Human Resource Management	(3-0-3)
<b>SPRING SEMESTER</b> 9 credit hours			<b>SUMMER SEMESTER</b> 9 credit hours		
FINA 3100	Personal Financial Management	(3-0-3)	HSCI 3550	Ethical Issues in Health Care	(3-0-3)
HFMG 3102	Exercise Physiology	(3-0-3)	HSCI 3520	Legal Issues in Health Care	(3-0-3)
HFMG 3121	Injury Prevention & Rehabilitation	(2-2-3)	HFMG 4060	Personal Nutrition for Healthy Living	(3-0-3)
<b>FALL SEMESTER</b> 9 credit hours			<b>SPRING SEMESTER</b> 9 credit hours		
HFMG 3140	Exercise Testing & Prescription	(2-2-3)	HFMG 4999	Health & Fitness Management Capstone	(3-0-3)
ONE elective:	HFMG 4800: selected topics in HF HFMG 4400: Ex & Sport Psych MGMT 4311: entrepreneurship HFMG 3970: Practicum in HF	(3-0-3) (0-15-3)	HFMG 3382	Substance Use in Health & Fitness	(3-0-3)
HFMG 4110	Health & Fitness Management	(3-0-3)	HFMG 4970	Health & Fitness Internship	(0-15-3)