

# Health and Fitness Management

**Total Credits 120**

11/6/2015

Suggested Track **FALL**

**Spring**

## First Year

<input type="checkbox"/>	INTD 105 First Year Experience	1
<input type="checkbox"/>	ENGL 101 Composition	3
<input type="checkbox"/>	MATH 110 Probability/Stats	4
<input type="checkbox"/>	RELB Religion Elective	3
<input type="checkbox"/>	HLSC 120 Found. of Well/Pro	3
<input type="checkbox"/>	PETH 250 Fitness & Wellness	<u>2</u>
		16

<input type="checkbox"/>	CHEM 114 Foundations of General O	4
<input type="checkbox"/>	ENGL 102 Research & Literature	3
<input type="checkbox"/>	PSYC 105 OR SOC 105	3
<input type="checkbox"/>	CPTR 105 Intro to Computer	3
<input type="checkbox"/>	Comm 105 Intro to Communication	<u>3</u>
		16

## Second Year

<input type="checkbox"/>	HLSC 220 Prevnt./Health Pro	3
<input type="checkbox"/>	HLCS 270 Christ- Center Well	3
<input type="checkbox"/>	BIOL 201 A& P I	4
<input type="checkbox"/>	RELT 250 Pric of Chris. Faith	3
<input type="checkbox"/>	LITR Elective	<u>3</u>
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<input type="checkbox"/>	NUTR 250 Sport Nutrition	3
<input type="checkbox"/>	HLCS 260 Consumer Health/Fit	3
<input type="checkbox"/>	BIOL 112 A& P II	4
<input type="checkbox"/>	HLSC 280 Health Evangelism	3
<input type="checkbox"/>	PSYC 240 Stress Management	<u>3</u>
		16

## Third Year

<input type="checkbox"/>	HLSC 340 Health Prog/Plan	3
<input type="checkbox"/>	PETH 290 Care/Prev/Injuries	3
<input type="checkbox"/>	PETH 345 Motor Learning	3
<input type="checkbox"/>	RELT 270 Adv. Heritage/Miss.	3
<input type="checkbox"/>	PETH 330 Physiology of Ex	3
<input type="checkbox"/>	PEAC 155 Weight Tr/Cond	<u>1</u>
		16

<input type="checkbox"/>	HIST History Elective	3
<input type="checkbox"/>	NUTR 260 Nutrition	3
<input type="checkbox"/>	PETH 325 Kinesiology	3
<input type="checkbox"/>	PETH 340 Psycho-Social Aspects	<u>3</u>
		12

## Forth Year

<input type="checkbox"/>	HLSC 426 Principles of Fitness A	3
<input type="checkbox"/>	HLSC 490 Internship	9
<input type="checkbox"/>	Electives (upper division)	<u>4</u>
		16

<input type="checkbox"/>	HLSC 492 NASM Certification	2
<input type="checkbox"/>	Humanities Electives	3
<input type="checkbox"/>	Religion Elective	3
<input type="checkbox"/>	Electives (upper division)	<u>4</u>
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