Health and Human Performance-Fitness Management Course Plan

Catalog Year 2019-2020

Legend

* Major Requirement

Must be taken to fulfill major requirements.

† Major Elective

Must be taken to fulfill major requirements, or replaced with an equivalent course.

‡ Gen-Ed Requirement

Must be taken to fulfill general education requirements.

§ Elective

Can be chosen from a selection of courses.

See MyGFU for detailed academic requirements.

First Year

Fall Semester

First Aid and Safety (HLTH 230) *	1 credits
Lifelong Fitness (HHPA 120) ‡	2 credits
I Believe I (THEO 101) ‡	3 credits
Knowing and Being Known (LIBA 100) ‡	3 credits
Math GE Requirement ‡	3 credits
Communication GE Requirement (COMM 100) ‡	3 credits
Semester Total	**15 credits**
Cumulative Total	**15 credits**

Spring Semester

General Psychology (PSYC 150) *	3 credits
History/Politics/International Affairs GE Requirement ‡	3 credits
I Believe II (THEO 102) ‡	3 credits
GE Natural Science ‡	4 credits
Elective Credit §	3 credits
Semester Total	**16 credits**
Cumulative Total	**31 credits**

Second Year

Fall Semester

Human Anatomy & Physiology I (BIOL 221) *	4 credits
Aquatics (HHPA 130) *	1 credits
Experiential Recreational Leadership (HHPE 380) *	3 credits
History & Principles of Physical Education (HHPE 200) *	2 credits
HUMA 205 or Philosophy and Literature GE Requirement ‡	3 credits
Elective Credits §	3 credits
Semester Total	**16 credits**
Cumulative Total	**47 credits**

Spring Semester

Human Anatomy & Physiology II (BIOL 222) *	4 credits
Org/Admin of Sport and Physical Education (HHPE 360) *	2 credits
Physical Education for the Exceptional Student (HHPE 460) *	3 credits
HUMA 290 or Fine Arts GE Requirement ‡	3 credits
Electives §	3 credits
Semester Total	**15 credits**
Cumulative Total	**62 credits**

Third Year

Fall Semester

Principles of Conditioning (HHPE 228) *	1 credits
Kinesiology (HHPE 394) *	3 credits
Nutrition (HLTH 300) *	3 credits
Exercise Prescription (HHPE 420) *	3 credits
Elective Credit §	6 credits
Semester Total	**16 credits**
Cumulative Total	**78 credits**

Spring Semester

Tumbling/Gymnastics (HHPE 223) *	1 credits
Care and Prevention of Athletics Injuries (HHPE 390) *	3 credits
Exercise Physiology (HHPE 430) *	3 credits
Intercultural GE REquirement ‡	3 credits
Electives §	6 credits
Semester Total	**16 credits**
Cumulative Total	**94 credits**

Fourth Year

Fall Semester

Fitness Management Field Experience (HHPE 475) *	3 credits
Senior Seminar (HHPE 490) *	1 credits
HHPE Fitness Management Restricted Elective *	3 credits
Engaging Christ in Transition (LIBA 400) ‡	3 credits
Electives §	6 credits
Semester Total	**16 credits**
Cumulative Total	**110 credits**

Spring Semester

Fitness Management Field Experience (HHPE 475) *	3 credits
Motor Development & Motor Skill Learning (HHPE 470) *	3 credits
Electives §	10 credits
Semester Total	**16 credits**
Cumulative Total	**126 credits**