**Fitness & Wellness Leadership (Fitness Mgt), B.S.**

**\*Suggested Guided Pathway**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Fall Year 1 |  |  | Spring Year 1 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 210 - Intro Fitness & Wellness Leader | 2 |  | PED 201 - CPR/AED/First Aid  | 1 |
| BIO 101 - General Biology I | 4 |  | PED 212 - Intro Personal Fitness Training | 3 |
| ENG 101 - College Writing II | 3 |  | Social Science or other Gen Ed | 3 |
| Oral Expression or other Gen Ed | 3 |  | World Sys/Language or other Gen Ed | 3 |
| CHE Cognate (CHE101, CHE111, or CHE106) | 3-4 |  | US Civ/Western Civ or other Gen Ed | 3 |
|  |  |  | Elective or CHE 107 (if needed) | 2-4 |
| Total Semester Credits | 15-16 |  | Total Semester Credits | 15-17 |
|  |  |  |  |  |
| Fall Year 2 |  |  | Spring Year 2 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| BIO 326 - Human Anatomy & Physiology I | 4 |  | BIO 327 - Human Anatomy and Physiology II | 4 |
| PED 214 - Advanced Personal Fitness Training | 3 |  | ACC 201 - Introduction to Financial Accounting | 3 |
| FNI 191 - Nutrition & Wellness | 3 |  | MKE 290 - Principles of Marketing | 3 |
| ECO 101 - Principles of Economics | 3 |  | Arts/Humanities or other Gen Ed | 3 |
| Mathematics or other Gen Ed | 3 |  | LIB 200 - Critical Research Skills | 1 |
|  |  |  | Elective | 1 |
| Total Semester Credits | 16 |  | Total Semester Credits | 15 |
|  |  |  |  |  |
| Fall Year 3 |  |  | Spring Year 3 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 305 - Sport and Exercise Psychology | 3 |  | PED 334 - Kinesiology | 3 |
| PED 319 - Analyzing Human Movement | 3 |  | PED 336 - Fitness Programming | 3 |
| Management Elect. (MGM 310 or MGM 311) | 3 |  | MKE 321 - Principles of Advertising | 3 |
| Liberal Arts Elective | 3 |  | Liberal Arts Elective | 3 |
| Liberal Arts Elective | 3 |  | Liberal Arts Elective | 3 |
|  |  |  |  |  |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |
|  |  |  |  |  |
| Fall Year 4 |  |  | Spring Year  |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 318 - Foundations of Sport Management | 3 |  | PED 338 - Supplemental and Ergogenic Aids | 2 |
| PED 333 - The Science of Exercise | 3 |  | PED 402 - Fitness Field Experience II | 2 |
| PED 401 - Fitness Field Experience I | 2 |  | PED 410 - Fitness Management (AWR) | 3 |
| Any marketing class MKE 322 - MKE 328 | 3 |  | CLG 402 - Intro Counseling Techniques | 3 |
| Global Issues Gen Ed | 3 |  | Liberal Arts Elective | 3 |
| Elective | 1 |  | Elective | 2 |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |

**Total Minimum Credits 120**

\* This represents an example of a suggested 4-year program pathway. Please consult DegreeWorks and your Advisor for your specific curriculum plan. Program pathways may change based on course availability.

**Fitness & Wellness Leadership (Allied Health), B.S.**

**\*Suggested Guided Pathway**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Fall Year 1 |  |  | Spring Year 1 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 210 - Intro Fitness & Wellness Leader | 2 |  | PED 201 - CPR/AED/First Aid  | 1 |
| BIO 101 - General Biology I | 4 |  | PED 212 - Intro Personal Fitness Training | 3 |
| ENG 101 - College Writing II | 3 |  | CHE 111 - Fund. Principles Chemistry | 4 |
| Oral Expression or other Gen Ed | 3 |  | World Sys/Language or other Gen Ed | 3 |
| Social Science or other Gen Ed | 3 |  | US Civ/Western Civ or other Gen Ed | 3 |
|  |  |  | Elective | 1 |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |
|  |  |  |  |  |
| Fall Year 2 |  |  | Spring Year 2 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| BIO 326 - Human Anatomy & Physiology I | 4 |  | BIO 327 - Human Anatomy and Physiology II | 4 |
| PED 214 - Advanced Personal Fitness Training | 3 |  | BIO 102 - General Biology II | 4 |
| FNI 211 - Human Nutrition | 3 |  | MAT 161 - Introductory Statistics | 3 |
| CHE 112 - Fund Principles of Chemistry II | 4 |  | Arts/Humanities or other Gen Ed | 3 |
| Elective | 1 |  | LIB 200 - Critical Research Skills | 1 |
|  |  |  |  |  |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |
|  |  |  |  |  |
| Fall Year 3 |  |  | Spring Year 3 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 305 - Sport and Exercise Psychology | 3 |  | PED 334 - Kinesiology | 3 |
| PED 319 - Analyzing Human Movement | 3 |  | PED 336 - Fitness Programming | 3 |
| PHY I (PHY103 or PHY111) | 4 |  | PHY II (PHY104 or PHY112) | 4 |
| Liberal Arts Elective | 3 |  | BIO 300 or higher | 3 |
| Elective | 3 |  | Liberal Arts Elective | 3 |
|  |  |  |  |  |
| Total Semester Credits | 16 |  | Total Semester Credits | 16 |
|  |  |  |  |  |
| Fall Year 4 |  |  | Spring Year  |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 333 - The Science of Exercise | 3 |  | PED 338 - Supplemental and Ergogenic Aids | 2 |
| PED 401 - Fitness Field Experience I | 2 |  | PED 402 - Fitness Field Experience II | 2 |
| Elective | 3 |  | PED 410 - Fitness Management (AWR) | 3 |
| Elective | 3 |  | CLG 402 - Intro Counseling Techniques | 3 |
| Global Issues Gen Ed | 3 |  | Liberal Arts Elective | 3 |
| Elective | 1 |  | Elective | 2 |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |

**Total Minimum Credits 120**

\* This represents an example of a suggested 4-year program pathway. Please consult DegreeWorks and your Advisor for your specific curriculum plan. Program pathways may change based on course availability.

**Fitness & Wellness Leadership (Athletic Training), B.S.**

**\*Suggested Guided Pathway**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Fall Year 1 |  |  | Spring Year 1 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 210 - Intro Fitness & Wellness Leader | 2 |  | PED 201 - CPR/AED/First Aid  | 1 |
| BIO 101 - General Biology I | 4 |  | PED 212 - Intro Personal Fitness Training | 3 |
| PSY 101 - General Psychology | 3 |  | CHE 101 - General Chemistry | 4 |
| ENG 101 - College Writing II | 3 |  | World Sys/Language or other Gen Ed | 3 |
| Oral Expression or other Gen Ed | 3 |  | US Civ/Western Civ or other Gen Ed | 3 |
|  |  |  | Elective | 1 |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |
|  |  |  |  |  |
| Fall Year 2 |  |  | Spring Year 2 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| BIO 326 - Human Anatomy & Physiology I | 4 |  | BIO 327 - Human Anatomy and Physiology II | 4 |
| PED 214 - Advanced Personal Fitness Training | 3 |  | PED 271 - Wellness & Fitness in Society | 3 |
| FNI 191 - Nutrition & Wellness | 3 |  | General Education elective | 3 |
| Math or other Gen Ed | 3 |  | Arts/Humanities or other Gen Ed | 3 |
| Elective | 3 |  | LIB 200 - Critical Research Skills | 1 |
|  |  |  |  |  |
| Total Semester Credits | 16 |  | Total Semester Credits | 14 |
|  |  |  |  |  |
| Fall Year 3 |  |  | Spring Year 3 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 305 - Sport and Exercise Psychology | 3 |  | PED 334 - Kinesiology | 3 |
| PED 319 - Analyzing Human Movement | 3 |  | PED 336 - Fitness Programming | 3 |
| PED 335 - Prevention & Care Athletic Injuries | 3 |  | PED 340 - Assessment & Care Athletic Injuries | 3 |
| Liberal Arts Elective | 3 |  | Liberal Arts Elective | 3 |
| Liberal Arts Elective | 3 |  | Liberal Arts Elective | 3 |
|  |  |  |  |  |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |
|  |  |  |  |  |
| Fall Year 4 |  |  | Spring Year  |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 333 - The Science of Exercise | 3 |  | PED 338 - Supplemental and Ergogenic Aids | 2 |
| PED 401 - Fitness Field Experience I | 2 |  | PED 402 - Fitness Field Experience II | 2 |
| PED 341 - Therapeutic Modalities & Rehab | 3 |  | PED 410 - Fitness Management (AWR) | 3 |
| Global Issues Gen Ed | 3 |  | CLG 402 - Intro Counseling Techniques | 3 |
| Liberal Arts Elective | 3 |  | Liberal Arts Elective | 3 |
| Elective | 1 |  | Elective | 2 |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |

**Total Minimum Credits 120**

\* This represents an example of a suggested 4-year program pathway. Please consult DegreeWorks and your Advisor for your specific curriculum plan. Program pathways may change based on course availability.

**Fitness & Wellness Leadership (Sports Nutrition), B.S.**

**\*Suggested Guided Pathway**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Fall Year 1 |  |  | Spring Year 1 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 210 - Intro Fitness & Wellness Leader | 2 |  | PED 201 - CPR/AED/First Aid  | 1 |
| BIO 101 - General Biology I | 4 |  | PED 212 - Intro Personal Fitness Training | 3 |
| PSY 101 - General Psychology | 3 |  | CHE 111 - Fund. Principles Chemistry | 4 |
| ENG 101 - College Writing II | 3 |  | World Sys/Language or other Gen Ed | 3 |
| Oral Expression or other Gen Ed | 3 |  | US Civ/Western Civ or other Gen Ed | 3 |
|  |  |  | Elective | 1 |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |
|  |  |  |  |  |
| Fall Year 2 |  |  | Spring Year 2 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| BIO 326 - Human Anatomy & Physiology I | 4 |  | BIO 327 - Human Anatomy and Physiology II | 4 |
| PED 214 - Advanced Personal Fitness Training | 3 |  | PED 271 - Wellness & Fitness in Society | 3 |
| FNI 211 - Human Nutrition | 3 |  | General Education elective | 3 |
| Math or other Gen Ed | 3 |  | Arts/Humanities or other Gen Ed | 3 |
| Liberal Arts Elective | 3 |  | LIB 200 - Critical Research Skills | 1 |
|  |  |  |  |  |
| Total Semester Credits | 16 |  | Total Semester Credits | 14 |
|  |  |  |  |  |
| Fall Year 3 |  |  | Spring Year 3 |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 305 - Sport and Exercise Psychology | 3 |  | PED 334 - Kinesiology | 3 |
| PED 319 - Analyzing Human Movement | 3 |  | PED 336 - Fitness Programming | 3 |
| FNI 241 - Nutrition in the Life Cycle | 3 |  | FNI 301 - Nutrition Education and Counseling  | 4 |
| Liberal Arts Elective | 3 |  | FNI 340 - Sports Nutrition | 3 |
| Liberal Arts Elective | 3 |  | Liberal Arts Elective | 3 |
|  |  |  |  |  |
| Total Semester Credits | 15 |  | Total Semester Credits | 16 |
|  |  |  |  |  |
| Fall Year 4 |  |  | Spring Year  |  |
| Course and Title | Credits |  | Course and Title | Credits |
| PED 333 - The Science of Exercise | 3 |  | PED 338 - Supplemental and Ergogenic Aids | 2 |
| PED 401 - Fitness Field Experience I | 2 |  | PED 402 - Fitness Field Experience II | 2 |
| Global Issues Gen Ed | 3 |  | PED 410 - Fitness Management (AWR) | 3 |
| Liberal Arts Elective (upper division) | 3 |  | CLG 402 - Intro Counseling Techniques | 3 |
| Liberal Arts Elective | 3 |  | Liberal Arts Elective | 3 |
| Elective | 1 |  | Elective | 2 |
| Total Semester Credits | 15 |  | Total Semester Credits | 15 |

**Total Minimum Credits 120**

\* This represents an example of a suggested 4-year program pathway. Please consult DegreeWorks and your Advisor for your specific curriculum plan. Program pathways may change based on course availability.