

**SUNY CANTON: B.TECH
HEALTH & FITNESS PROMOTIONS (2254)**

Students need to pass a total of 30 GER credits with a course in at least 7 of the 10 categories – See Advisory Notes

Science Track

5 th Semester		Term	Grade
CHEM 150	College Chemistry I	4	
HEFI 201	Health & Wellness Promotion	3	
MATH 141	Statistics	3	
PHYS 121	College Physics I	3	
PHYS 125	College Physics I Lab	1	
	UL Lib Arts (GER 4,5,6,7 or 8)	3	
6 th Semester			
CHEM 155	College Chemistry II	4	
HEFI 202	Health & Wellness Across the Lifespan	3	
HEFI 303	Exercise Physiology	3	
PHYS 122	College Physics II	3	
PHYS 126	College Physics II Lab	1	
	UL Lib Arts (GER 4,5,6,7 or 8)	3	
7 th Semester			
HEFI 401	Fitness Assessment & Exercise Prescription	4	
HSMB 330	Grant Writing Strategies	2	
	UL Lib Arts (GER 4,5,6,7 or 8)	3	
	UL Program Elective	3	
	UL Program Elective	3	
HEFI 406	*Orientation to Internship (if needed)	1	
8 th Semester			
HEFI 405	Current Issues in Health & Fitness (WI)	3	
	UL General Elective and	3	
HEFI 407	Health Fitness Internship or	6	
	UL Program Electives	6	
Business Track			
5 th Semester			
BSAD 200	Business Communications	3	
BSAD 215	Small Business Mgmt	3	
HEFI 201	Health & Wellness Promotion	3	
MATH 141	Statistics	3	
	UL Lib Arts (GER 4,5,6,7 or 8)	3	
6 th Semester			
BSAD 301	Principles of Management	3	
HEFI 202	Health & Wellness Across the Lifespan	3	
HEFI 303	Exercise Physiology	3	
SPMT 306	Sports Operations & Facilities Mgt.	3	
	UL Lib Arts (GER 4,5,6,7 or 8)	3	
7 th Semester			
HEFI 401	Fitness Assessment & Exercise Prescription	4	
HSMB 330	Grant Writing Strategies	2	
	UL Lib Arts (GER 4,5,6,7 or 8)	3	
	UL Program Elective	3	
	UL Program Elective	3	
HEFI 406	*Orientation to Internship (if needed)	1	
8 th Semester			
BSAD 340	Management Communications	3	
HEFI 405	Current Issues in Health & Fitness (WI) &	3	
HEFI 407	Health Fitness Internship and/or	6-9	
	UL Program Electives	3-9	
Total credits for the four semesters must be at least 60		Total 60-65	

Category	Sem. passed	Cr
(1) Math		
(2) Science		
(3) Social Science		
(4) American History		
(5) West. Civ.		
(6) Other World		
(7) Humanities		
(8) The Arts		
(9) Foreign Language		
(10) Communication		

Additional GER Credits Passed

TOTAL GER CREDITS

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ADVISING NOTES

►*HEFI 406 is only required if Student plans on pursuing an Internship.

GER Requirements -

If a student enters the program having not already earned 30 GER credits, the U/L Lib Arts in the program must also be GER credit. If student lacks a total of seven different categories the U/L LIB Arts / GER credit must satisfy one of remaining categories needed.

►*HEFI 406 is only required if student plans on pursuing an Internship.

Suggested Program Electives (other upper level courses may be accepted with approval from Program Director)

HEFI 310 Advanced Care and Prevention of Athletic Injuries
HEFI 320/PSYC 320 Psychology of Health and Fitness
HEFI 370/SSCI 370 Occupational Health & Safety
HEFI 375 Fitness and Sports Nutrition
HEFI 203 Motor Developments

HEFI 402 Strength and Conditioning
HEFI 403 Community Wellness
HEFI 408 Exercise Prescription for Special Populations
HSMB 303 Occupational Health & Safety

Certified for Graduation: _____

Advisor Signature

Date