1st Semester - Fall - 1	6 Credits		Term	Grade	Students need to pass a	total of 20 (SED
1st Semester – Fall = 16 Credits Term Grade HEFI/HLTH/PHTA/BSAD L/L Program Elective 2-3					credits with a course in		
BIOL 217	GER Anatomy & Physiology I (2)	4			10 categories –	at icust 7 of	
	, , , , , ,					Sem.	
ENGL 101	Composition and the Spoken Word (10)	3			Category	passed	Cr
PSYCH 101	GER – Introduction to Psychology (3)	3			(1) Math		
	GER/Lib Arts - (4,5,6,7,9)	3			(2) Science		
2 nd Semester – Spring			•		(3) Social Science		
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3			(4) American History		
BIOL 218	Anatomy & Physiology II	4			(5) West. Civ.		
GER MATH	Math GER (1)*	4			(6) Other World		
	GER/Lib Arts (4,5,6,7,9)	3			(7) Humanities		
	GER/Lib Arts (4,5,6,7,9)	3			(8) The Arts		
3rd Semester – Fall = 16 Credits					(9) Foreign Language		
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3			(10) Communication		
PSYC 225 or 220	Human Development	3					
ACCT 101 or PHYS	Foundations of Financial Accounting OR	4			Additional GER Credits	Passed	
121 & 125	College Physics I & Lab						<u> </u>
	GER/Lib Arts (1-9)	3					<u> </u>
ath o	GER/Lib Arts (1-9)	3					<u> </u>
4th Semester – Spring			1				<u> </u>
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3					<u> </u>
HEFI 203 or PHTA 103	Motor Development OR Neuromuscular	3-4					
	Pathologies						
PHTA 102	Kinesiology	3					
BSAD 201 or PHYS	Business Law I OR College Physics II & Lab	3-4					
122 & 126	OFR (4.0) (second by 11/1 if second by	0					
5th Semester – Fall = 1	GER (1-9) (must be U/L if needed)	3			TOTAL OFF OFFICE		
5" Semester – Fall = 1		ı	<u> </u>		TOTAL GER CREDITS		_
HEFI 404	Legal Aspects and Documentation in Health & Fitness Professions	3					
CHEM 150 or	College Chemistry I OR Principles of						
BSAD 301	Management	3-4					
MATH 141	Statistics	3					
	General Elective	3			ADVISING I	NOTES	
	General Elective (must be U/L if needed)	3			* Students who wis	h to pursu	e
6 th Semester – Spring = 15-16 Credits					the science track or are planning		
CHEM 155 or	College Chemistry II OR		1		to pursue a DPT or		
SPMT 306	Sports Operations & Facilities Management	3-4			Physics must take 0		
HEFI 303	Exercise Physiology	3			Algebra (Math 121)		
HEFI 375	Fitness and Sports Nutrition	3			required GER Math		
HEFI 405	Current Issues in Health & Fitness (WI)	3			roquirou GETTINGET	·	
	General Elective (must be U/L if needed)	3	†				
7 th Semester – Fall = 13			<u> </u>				
HSMB 330	Grant Writing Strategies	2					
HEFI 406	Orientation to Culminating Experience	1					
HEFI 401	Fitness Assessment & Exercise Prescription	4					
	U/L Program Elective	3	†				
	U/L Program Elective	3	1				
	G/E1 Togram Elective						
8th Semester - Spring	= 12-15 Credits	1					
	Health & Fitness Internship (407) and /or	12-					
	U/L Program Electives	15					
HEFI 407	Internship						
	U/L Program Elective	1					
	U/L Program Elective						
	U/L Program Elective						
	U/L Program Elective						
	U/L Program Elective		1				
	TOTAL CREDITS 121-122		<u> </u>		Revised 4/16		
	ED LEVEL DROODAM ELECTIVES	1	1	1			

UPPER LEVEL PROGRAM ELECTIVES

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 375 Fitness and Sports Nutrition HSMB 303 Occupational Health & Safety HEFI 402 Strength and Conditioning
HEFI 403 Community Wellness

HEFI 408 Exercise Prescription for Special Populations

Certified for Graduation:

Advisor Signature

Date