

**SUNY CANTON BT: HEALTH AND FITNESS PROMOTION (2254)
CURRICULUM CHECK SHEET**

FALL 2019

1st Semester – Fall = 16 Credits			Term	Grade	Students need to pass a total of 30 GER credits with a course in at least 7 of the 10 categories – <table border="1"> <thead> <tr> <th>Category</th> <th>Sem. passed</th> <th>Cr</th> </tr> </thead> <tbody> <tr><td>(1) Math</td><td></td><td></td></tr> <tr><td>(2) Science</td><td></td><td></td></tr> <tr><td>(3) Social Science</td><td></td><td></td></tr> <tr><td>(4) American History</td><td></td><td></td></tr> <tr><td>(5) West. Civ.</td><td></td><td></td></tr> <tr><td>(6) Other World</td><td></td><td></td></tr> <tr><td>(7) Humanities</td><td></td><td></td></tr> <tr><td>(8) The Arts</td><td></td><td></td></tr> <tr><td>(9) Foreign Language</td><td></td><td></td></tr> <tr><td>(10) Communication</td><td></td><td></td></tr> </tbody> </table>	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		
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HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3																																				
BIOL 217	GER Anatomy & Physiology I (2)	4																																				
ENGL 101	GER Composition & Spoken Word	3																																				
PSYC 101	GER – Introduction to Psychology (3)	3																																				
	GER/LA – (4,5,6,7,8,9)	3																																				
2nd Semester – Spring = 17 Credits																																						
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3																																				
BIOL 218	Anatomy & Physiology II	4																																				
	Math GER (1)*	4																																				
	GER/LA (4,5,6,7,8,9)	3																																				
	GER/LA (4,5,6,7,8,9)	3																																				
3rd Semester – Fall = 16 Credits																																						
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3																																				
PSYC 225	Human Development	3																																				
ACCT 101 or PHYS 121 & 125	Foundations of Financial Accounting or College Physics I & Lab	4																																				
	GER/LA (1-9)	3																																				
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4th Semester – Spring = 15-17 Credits																																						
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3																																				
HEFI 203 or PHTA 205	Motor Development or Neuromuscular Pathologies	3-4																																				
PHTA 102	Kinesiology	3																																				
BSAD 201 or PHYS 122 & 126	Business Law I or College Physics II & Lab	3-4																																				
	GER (1-9) (must be U/L if needed)	3																																				
5th Semester – Fall = 15-16 Credits																																						
HEFI 303	Exercise Physiology	3																																				
CHEM 150 or BSAD 301	College Chemistry I or Principles of Management	3-4																																				
MATH 141	Statistics	3																																				
	General Elective	3																																				
	General Elective (must be U/L if needed)	3																																				
6th Semester – Spring = 15-16 Credits																																						
CHEM 155 or SPMT 306	College Chemistry II or Sports Operations & Facilities Management	3-4																																				
HEFI 401	Fitness Assessment & Exercise Prescription	4																																				
HEFI 375	Fitness and Sports Nutrition	3																																				
HEFI 405	Current Issues in Health & Fitness (WI)	3																																				
	General Elective (must be U/L if needed)	3																																				
7th Semester – Fall = 13																																						
HLTH (HSMB) 330	Grant Writing Strategies	2																																				
HEFI 406	Orientation to Culminating Experience	1																																				
HEFI 404	Legal Aspects and Documentation in Health & Fitness Professions	3																																				
	U/L Program Elective	3																																				
	U/L Program Elective	3																																				
8th Semester – Spring = 12-15 Credits																																						
HEFI 407	Health & Fitness Internship (407) AND / OR	12-15																																				
	U/L Program Elective	3																																				
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	U/L Program Elective	3																																				
	TOTAL CREDITS 122																																					

Revised 02/05/19

UPPER LEVEL PROGRAM ELECTIVES

HEFI 310 Adv. Cares and Prevention of Athletic Injuries
 HEFI 320 Psychology of Health and Fitness
 HEFI 402 Strength & Conditioning
 HEFI 403 Community Wellness
 HEFI 408 Exercise Prescription for Special Populations

HLTH 303 Occupational Health and Safety
 SSCI 370 Research Methods in Social and Health Sciences
 HEFI 409 Applied Exercise Prescription
 HEFI 410 Applied Strength & Conditioning