

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

**FALL 2019**

<b>1<sup>st</sup> Semester – Fall = 16 Credits</b>			<b>Term</b>	<b>Grade</b>	<b>Students need to pass a total of 30 GER credits with a course in at least 7 of the 10 categories –</b>																																	
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3				<table border="1"> <thead> <tr> <th><b>Category</b></th> <th><b>Sem. passed</b></th> <th><b>Cr</b></th> </tr> </thead> <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> </table>	<b>Category</b>	<b>Sem. passed</b>	<b>Cr</b>	(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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BIOL 217	<b>GER Anatomy &amp; Physiology I (2)</b>	4																																				
ENGL 101	<b>GER Expository Writing</b>	3																																				
ENGL 102	<b>OR Oral &amp; Written Expression (10)</b>																																					
PSYCH 101	<b>GER – Introduction to Psychology (3)</b>	3																																				
	<b>GER/LA – (4,5,6,7,8,9)</b>	3																																				
<b>2<sup>nd</sup> Semester – Spring = 17 Credits</b>																																						
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3																																				
BIOL 218	Anatomy & Physiology II	4																																				
GER MATH	<b>Math GER (1)*</b>	4																																				
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<b>3<sup>rd</sup> Semester – Fall = 16 Credits</b>																																						
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																																				
	<b>GER/LA (1-9)</b>	3																																				
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<b>4<sup>th</sup> Semester – Spring = 15-17 Credits</b>																																						
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																																				
	<b>GER (1-9) (must be U/L if needed)</b>	3																																				
<b>5<sup>th</sup> Semester – Fall = 15-16 Credits</b>																																						
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																																				
<b>6<sup>th</sup> Semester – Spring = 15-16 Credits</b>																																						
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																																				
<b>7<sup>th</sup> Semester – Fall = 13</b>																																						
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																																				
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<b>8<sup>th</sup> Semester – Spring = 12-15 Credits</b>																																						
HEFI 407	Health & Fitness Internship (407) <b>AND / OR</b>	12- 15																																				
	U/L Program Elective	3																																				
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	<b>TOTAL CREDITS 122</b>																																					

*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