

**College of Health & Human Performance
Department of Exercise & Sport Science
B.S. in Health Fitness Specialist**

Fall Semester

ENGL 1100	3
PSYC 1000	3
EXSS 1000	1
BIOL 1050	3
BIOL 1051	1
Humanities/Fine Arts *	4

TOTAL: 15

Spring Semester

ENGL 1200	3
HLTH 1000	2
CHEM 1020	4
CHEM 1021	1
MATH 1065	3
Social Science (not PSYC) *	3

TOTAL: 16

➤ *Take (and pass) Fitness Test*

Sophomore Year

ASIP 2112/MIS 2223	3
BIOL 2130	4
EXSS 2850	1
PSYC 3206	3
Social Science (not PSYC) *	3
Humanities/Fine Arts *	3

TOTAL: 17

EXSS 1114	1
EXSS 2000	3
NUHM 2105	3
COMM 2410 or 2420	3
HLTH 2220, 2221 (w/ online component)	3
PHYS 1250	3
PHYS 1251	1

TOTAL: 17

➤ *Declare major*

Junior Year

EXSS 1101	1
EXSS 2202	3
EXSS 3804	3
EXSS 3805	3
EXSS Elective	2
EXSS Elective (3000 level or higher)	3
General Electives	3

TOTAL: 18

EXSS 3850	3
EXSS 3880	3
EXSS 5800	3
HLTH 4200	3
General Electives	3

TOTAL: 15

Senior Year

EXSS 4850	3
EXSS 5020	3
EXSS 4806	4
HLTH elective	3
General Electives	2

TOTAL: 15

EXSS 4800	12
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TOTAL: 12

* 3 sh must be WI

Total hours to graduate 125