

College of Health & Human Performance
Department of Kinesiology
Suggested 4 year plan for B.S. in Health Fitness Specialist

Freshmen Year

Fall Semester		Spring Semester	
ENGL 1100 #	3	ENGL 1200 #	3
PSYC 1000 #	3	CHEM 1020 #	4
EXSS 1000 #	1	CHEM 1021	1
BIOL 1050 #	3	MATH 1065 #	3
BIOL 1051 #	1	Social Science (2 nd area) *#	3
HLTH 1000 #	2	Humanities/Fine Arts *#	2
Humanities/Fine Arts *#	3		
TOTAL:	16	TOTAL:	16

➤ **Take (and pass) Department of EXSS Fitness Test**

Sophomore Year

Fall Semester		Spring Semester	
BITE 2112/MIS 2223	3	PHYS 1250	3
BIOL 2130	4	PHYS 1251	1
EXSS 2850	1	EXSS 1101	1
HLTH 2220, 2221	3	EXSS 2000	3
Social Science (3 rd area) *#	3	NUTR 2105	3
Humanities/Fine Arts *#	2	PSYC 3206 #	3
TOTAL:	16	HLTH restricted elective	3
		TOTAL:	17

➤ **Declare major – must have a 2.0+ overall GPA, passed Fitness Test, and completed 32+ sh of FC**

Junior Year

Fall Semester		Spring Semester	
EXSS 1114	1	EXSS 3850	3
HLTH restricted elective	3	EXSS 3880	3
COMM 2410 or 2420 #	3	EXSS Elective (3000 level or higher) *	3
EXSS 3804	3	EXSS 2202	3
EXSS 3805	3	General Electives *	4
General Electives *	3		
TOTAL:	16	TOTAL:	17

Senior Year

Fall Semester		Spring Semester	
EXSS 4850	3	EXSS 4800	12
EXSS 4805	1	TOTAL:	12
EXSS 4806	3		
HLTH 4200	3		
EXSS 5020	3		
EXSS 5800	3		
TOTAL:	16		

* 3 sh must be WRITING INTENSIVE (WI)

FC courses

2011-2012 catalog

Total hours to graduate: 125

05/15/11