

Health & Fitness Science - 11B

Course ID	Course Title	Hours Required	Hours Earned			
			Skill Level 10	Skill Level 20	Skill Level 30	Skill Level 40
General Education Courses (19 Hours Required)						
<i>Choose one from:</i>						
ACA 120	Career Assessment					
or						
ACA 122	College Transfer Success	1				
CIS 110	Introduction to Computers	3				
COM 231	Public Speaking	3				
ENG 111	Writing and Inquiry	3				
HUM 230**	Leadership Development	3	3	3	3	3
MAT 143	Quantitative Literacy	3				
PSY 150	General Psychology	3				
Total Hours Required/Earned		19	3	3	3	3
Health & Fitness Science Core Courses (45 Hours Required)						
BIO 111	General Biology I	4				
BIO 155	Nutrition	3				
BIO 168	Anatomy & Physiology I	4				
BIO 169	Anatomy & Physiology II	4				
HEA 112	CPR & First Aid	2	2	2	2	2
PSF 110	Exercise Science	4				
PSF 111	Fitness & Exercise Testing I	4				
PSF 116	Prevention & Care Exercise Injuries	3				
PSF 118	Fitness Facility Management	4				
PSF 120	Group Exercise Instruction	3				
PSF 210	Personal Training	3				
PSF 212	Exercise Programming	3				
PSF 218	Lifestyle Change & Wellness	4				
Total Hours Required/Earned		45	2	2	2	2
Major Elective Courses (1 Hour Required)						
<i>Take one (1) credit from the following courses. From courses BUS 137, HEA 110, PED 110, PED 113, PED 114, PED 115, PED 110*</i>						
PED 110*	Fit & Well for Life	1****	1	1	1	1
Total Hours Required/Earned		1	1	1	1	1
Total Required for Degree/Earned		65	59/6	59/6	59/6	59/6

* Can be applied towards Major Elective Requirement

** Fulfills Humanities/Fine Arts Elective Requirement

*** Fulfills Social/Behavioral Science Elective Requirement

**** Credit hours vary depending on course option selected

This degree map is based on the assumption that the appropriate professional development schools and leadership schools
65 Total Hours Required. 48.75 Hours can be satisfied with ACE credit and Prior Learning Assessment (PLA) credit provided