

Student: _____ PUID: _____ Catalog Term: _____

Additional Majors: _____ Minors: _____

Core Requirements (47-49credits)

- ____ (2-3) _____ *Aesthetic Awareness – select 2-3 credits from list*
- ____ (3) _____ *College Algebra (MA 15200, MA 15300, or higher level math)*
- ____ (3-4) _____ *English Composition (ENGL 10600, ENGL 10800, or equivalent)*
- ____ (3) _____ *10100 Foreign Language (Total of 12 credits - must be from one language)*
- ____ (3) _____ *10200*
- ____ (3) _____ *20100*
- ____ (3) _____ *20200*
- ____ (3) _____ *Gender Issues Selective – select from list*
- ____ (3) _____ *Global Perspective Selective – select from list*
- ____ (3) _____ *Oral Communication (COM 11400)*
- ____ (3) _____ *Other Cultures Selective – select from list*
- ____ (3) _____ *Racial and Ethnic Diversity Selective – select from list*
- ____ (3) _____ *Social Ethics Selective – select from list*
- ____ (3) _____ *Statistics Selective – select from list*
- ____ (3) _____ *United States Tradition Selective – select from list*
- ____ (3) _____ *Western Heritage Selective – select from list*

Required Courses in Other Departments (17 credits)

- ____ (4) BIOL 20300 Human Anatomy & Physiology (*Fulfills Core Requirement for Natural Science – Lab*)
- ____ (4) BIOL 20400 Human Anatomy & Physiology (prerequisite: BIOL 20300) (*Fulfills Core Requirement for Natural Science*)
- ____ (3) CDFS 21000 Introduction to Human Development
- ____ (3) FN 30300 Essentials of Nutrition
- ____ (3) PSY 12000 Elementary Psychology (*Fulfills Core Requirement for Individual & Society*)

Required Health and Fitness Courses (19 credits)

- ____ (2) HK 11101 Practical Applications of Health/Fitness Concepts I
- ____ (2) HK 11300 Practical Applications of Health/Fitness Concepts II (prerequisite: HK 11101)
- ____ (1) HK 11800 Analysis of Sport Performance Training
- ____ (1) HK 11900 Instructional Techniques of Group Exercise (prerequisite: HK 11101)
- ____ (1) ____ (1) HK 21100 Clinical Applications of Health/Fitness Concepts I (prerequisite: HK 11300, HK 28000)
- ____ (2) HK 28000 Basic First Aid & CPR
- ____ (3) HK 42100 Health Screening & Fitness Evaluation (prerequisite: HK 11300)
- ____ (3) HK 42200 Basic Concepts in Exercise Program Design (prerequisite: HK 42100)
- ____ (3) HK 42400 Health & Fitness Program Management (prerequisite: HK 26600)

Additional Required Courses (31 credits)

- ____ (1) HK 13500 Introduction to Health & Kinesiology
- ____ (3) HK 21500 Basic Public Health Studies
- ____ (3) HK 26100 Applied Anatomy & Kinesiology (prerequisite: BIOL 20400)
- ____ (3) HK 26300 Biomechanical Foundations of Motor Skills (prerequisite: MA 15200 or equiv, BIOL 20300)
- ____ (2) HK 26600 Introduction to Health/Fitness Programming (prerequisite: HK 21500)
- ____ (1) HK 26900 Practicum Introduction & Preparation
- ____ (3) HK 30200 Applied Clinical Anatomy (prerequisite: BIOL 20400)
- ____ (3) HK 36600 Health Behavior & Health Promotion (prerequisite: HK 26600)
- ____ (3) HK 36800 Exercise Physiology I (prerequisite: BIOL 20400)
- ____ (3) HK 37200 Sport & Exercise Psychology I
- ____ (3) HK 38500 Methods of Health Promotion & Education (prerequisite: HK 26600)
- ____ (3) HK 46800 Advanced Exercise Physiology II (prerequisite: HK 36800)

Requirements continued on next page

Specialization Track Required for Major – Choose One (8 credits)

Health Exercise Specialist

- ___ (1) ___(1) HK 31100 Clinical Applications of Health/Fitness Concepts II (prerequisite: HK 11800, HK 11900, HK 21100)
- ___ (1) ___(1) HK 41100 Clinical Applications of Health/Fitness Concepts III (prerequisite: HK 31100)
- ___ (3) HK 46900 Exercise Testing & Prescription in Special Populations (prerequisite: HK 36800)
- ___ (1) HK 49200 Professional Work Experience IV (prerequisite: HK 26900, HK 31100, consent of instructor)

Sport Performance Emphasis (Application required – limited number selected)

- ___ (1) ___(1) HK 31100 Clinical Applications of Health/Fitness Concepts II (prerequisite: HK 11800, HK 11900, HK 21100)
- ___ (1) ___(1) HK 41100 Clinical Applications of Health/Fitness Concepts III (prerequisite: HK 31100)
- ___ (3) HK 31200 Exercise Testing & Prescription for Sport (prerequisite: HK 11800)
- ___ (1) HK 49200 Professional Work Experience IV (prerequisite: HK 26900, HK 31100, consent of instructor)

Electives (2-4 credits)

___ () _____ ___ () _____ ___ () _____ ___ () _____

Students must earn a “C-“ or better in all HK courses.

At least 32 credits of coursework required at 300 level or higher.

126 semester credits required for Bachelor of Science degree.

Students completing this major will be eligible to take the ACSM Certified Health Fitness Specialist Exam or NSCA Certified Strength and Conditioning Specialist Exam.

Core Requirements (revised 5/3/2011)

AESTHETIC AWARENESS (3 cr from either group)

Group A: History/Appreciation

AD	12500	Introduction to Interior Design
	22600	History of Art to 1400
	22700	History of Art Since 1400
	25100	History of Photography I (or 35100)
	25500	Art Appreciation
	38300	Modern Art
DANC	25000	Dance Appreciation
ENGL	23500	Introduction to Drama
	23700	Introduction to Poetry
	27600	Shakespeare on Film
	28600	The Movies
FR	33000	Introduction to Francophone Film
GER	33000	German Film
HIST	39100	History of Russian Popular Entertainment
ITAL	33000	Italian Film
MUS	25000	Music Appreciation
	37400	History of Music IV: The 20th Century
	37800	Jazz History
PHIL	27500	The Philosophy of Art
RUSS	33000	Russian and East European Cinema
SPAN	33000	Spanish and Latin America Cinema
THTR	20100	Theatre Appreciation

Group B: Studio Experience

AD	10400	Introduction to Art & Design
	11300	Basic Drawing
	11700	Photography I (or 20700)
	24200	Ceramics I
	26500	Relief Printmaking
	27500	Beginning Sculpture
COM	24000	Introduction to Oral Interpretation
DANC	10100	Modern Dance
	10200	Ballet I
	10300	Jazz Dance I
	13500	World Dance
ENGL	20500	Introduction to Creative Writing
MUS	26100	Fundamentals of Music
	36100	Music Theory I
THTR	13300	Survey of Acting

GENDER ISSUES (3 cr)

AAS	35900	Black Women Writers (or ENGL 35900)
	37000	Black Women Rising
	37600	African-American Male
ANTH	23000	Gender Across Cultures (30300)
CLCS	23700	Gen. & Sexuality in Greek & Roman Antiquity
COM	37600	Communication and Gender
	38100	Gender and Feminist Studies in Communication
ENGL	36000	Gender in Literature
FLL	23900	Contemp. Foreign Women Writers in Translation
HK	22600	Contemporary Women's Health
HIST	32800	History of Women in Early Modern Europe
	32900	History of Women in Modern Europe
	35400	Women in America to 1870
	35900	Gender in East Asian History
	36000	Gender in Middle East History
	36500	Women in America
	37500	Women in America since 1870
PHIL	22500	Philosophy of Woman
POL	22200	Women, Politics, and Public Policy
	36000	Women and the Law
PSY	23900	Psychology of Women
SOC	45000	Sex Roles in Modern Society
WOST	28000	Women's Studies: An Introduction
	38000	Gender and Multiculturalism

GLOBAL PERSPECTIVE (3 cr)

AGEC	25000	Econ Geography of World Food & Resources
	34000	Intro to World Agricultural Development
AGRY	28500	World Crop Adaptation and Distribution
ANTH	20100	Intro to Archeology and World Prehistory
	21200	Culture, Food & Health
CLCS	18100	Classical World Civilizations
COM	22400	Communicating in the Global Workplace
	30300	Intercultural Communication

ENGL	25800	Nobel Prize Winners in Literature
	26600	World Lit. from the Beginning to 1700
	26700	World Lit. from 1700 A.D. to the Present
FNR	48800	Global Environmental Issues
HIST	10500	Survey of Global History
	32700	The Habsburg Legacy
	33700	Europe in the Age of the Cold War
	35100	The Second World War
	38400	History of Aviation
	38700	History of the Space Age
	39001	Jews in the Modern World
PHIL	11400	Global Moral Issues
POL	13000	Introduction to International Relations
	14100	Introduction to Comparative Politics
	23100	Intro to United States Foreign Policy
	23200	Contemporary Crises in Int'l Relations
	23500	Int'l Relations among Rich and Poor Nations
	32300	Comparative Environmental Policy
	34200	Intro to Politics of Communist World
	34500	West Europe. Democracies/Post-Industrial Era
PTGS	33000	Brazilian, Portuguese & African Cinema
REL	20000	Introduction to the Study of Religion
RUSS	28100	Post Soviet Experiences
SOC	33800	Global Social Movements
	33900	Intro to the Sociology of Developing Nations
	OR	Study Abroad (fall or spring semester only)

INDIVIDUAL & SOCIETY (3 cr from either group)

Group A: Individual & Social Interaction

ANTH	34100	Culture and Personality
COM	21200	Approaches to the Study of Interpersonal Com.
	32000	Small Group Discussion
HK	20000	Healthy Lifestyling
	20300	Adult Health & Development
	22500	Sexuality and Human Health
PSY	12000	Elementary Psychology
	20000	Cognitive Psychology
	22000	Brain and Behavior: An Introduction
	23500	Child Psychology
	24000	Introduction to Social Psychology
PSY	25100	Health Psychology
	28500	Consumer Behavior
	35000	Abnormal Psychology
RECR	10000	Leisure and Recreation in Contemp. Society
SLHS	11500	Introduction to Communicative Disorders
	30900	Language Development
SOC	35000	Social Psychology of Marriage

Group B: Societal Structure & Organization

ANTH	10000	Introduction to Anthropology
	37300	Anthropology of Religion
ENGL	22700	Elements of Linguistics
COM	25000	Mass Communication and Society
	32400	Communicative Behavior in Organizations
ECON	21000	Principles of Economics
	25100	Microeconomics
FLL	26100	Intro. to the Linguistic Study of Foreign Lang.
LING	20100	Introduction to Linguistics
PHIL	24000	Social and Political Philosophy
POL	41300	The Human Basis of Politics
PSY	37200	Psychological Foundations of Work Behavior
SLHS	22700	Elements of Linguistics
SOC	10000	Introductory Sociology
	31200	American Society

MATHEMATICS AND STATISTICS (6CR)

3 credits in EACH area

3 cr COLLEGE ALGEBRA

MA	15200	College Algebra for Liberal Arts
	15300	Algebra and Trigonometry I
	15400	Algebra and Trigonometry II

3 cr STATISTICS

STAT	11300	Statistics and Society
	30100	Elementary Statistical Methods
POL	30000	Introduction to Political Analysis
PSY	20100	Intro to Quantitative Topics in Psychology
SOC	38200	Intro. to Methods of Social Research
ECON	36000	Econometrics

NATURAL SCIENCES (6cr) * = Lab course**One Laboratory Component Science Required**

ANTH	20300	Biological Basis of Human Social Behavior
	20400	Intro to Biological Anthropology and Human Evolution
ASTR	26300*	Descriptive Astronomy: The Solar System
	26400*	Descriptive Astronomy: Stars and Galaxies
BCHM	10000	Introduction to Biochemistry
BIOL	11000*	Fundamentals of Biology I
	11100*	Fundamentals of Biology II
	12100	Biol I: Diversity, Ecology, and Behavior
	12200*	Laboratory in Biology I
	13100	Bio II: Dev., Struct., & Function of Organisms
	13200*	Laboratory in Biology II
	20100	Human Anatomy and Physiology
	20200	Human Anatomy and Physiology
	20300*	Human Anatomy and Physiology
	20400*	Human Anatomy and Physiology
	21100	The Social Impact of the Biological Sciences
	21200	The Social Impact of the Biological Sciences
BTNY	20700*	The Microbial World
CHM	11100*	General Chemistry
	11200*	General Chemistry
	11500*	General Chemistry
	11600*	General Chemistry
EAS	10000	Planet Earth
	10400	Introduction to Oceanography
	11100*	Physical Geology
	11200*	Historical Geology
	12000	Introduction to Geography
	17100	History of Life
	22100	Survey of Atmospheric Science
	23000*	Laboratory in Atmospheric Science
ENTM	10500	Introductory Entomology
	20600	General Applied Entomology
	20700*	General Applied Entm Lab
FNR	10300	Introduction to Environmental Conservation
	24000	Wildlife in America
F&N	30300	Essentials of Nutrition
HORT	10100*	Fundamentals of Horticulture
PHYS	21000	The Nature of Physical Science I
	22000*	General Physics
	22100*	General Physics
	27000	Great Concepts in Physics
	27000	Explorations in Physics

OTHER CULTURES (3 cr)

ANTH	20500	Human Cultural Diversity
	31100	Archeology of Ancient Andes
ASL	28000	The American Deaf Community
CLCS	33300	Comparative Mythology
ENGL	36600	Postcolonial Literatures
FLL	23500	East Asian Literature in Translation
HIST	21000	The Making of Modern Africa
	24000	East Asia and Its Historic Tradition
	24100	East Asia in the Modern World
	24300	South Asian History and Civilizations
	24500	Middle East History & Culture
	27100	Latin American History to 1824
	27200	Latin American History from 1824
	34100	History of Africa South of the Sahara
	34200	Africa and the West
	24600	Modern Middle East
PHIL	33000	Religions of the East (or REL 23000)
POL	30400	Israel and World Politics
	34800	East Asian Politics
PSY	36800	Children's Dev. in Cross-Cultural Perspective
SPAN	23500	Spanish American Lit. in Translation

OTHER LANGUAGES (3-12 cr) Proficiency through Level IV in one language

American Sign Language, Arabic, Chinese, French, German, Greek, Hebrew, Italian, Japanese, Latin, Portuguese, Russian, Spanish

RACIAL & ETHNIC DIVERSITY (3 cr)

AAS	27100	Introduction to Afro-American Studies
	37100	The Afro-American Experience
	37300	Issues in Afro-American Studies
	37500	The Black Family in America
ANTH	37900	Indians of North America
	33600	Human Variation
ASAM	24000	Introduction to Asian American Studies

COM	32800	Diversity at Work: A Rhetorical Approach
CDFS	30100	Families in a Multicultural Society
ENGL	25700	Literature of Black America
	35800	Black Drama
HIST	36600	Hispanic Heritage of the United States
	37700	History and Culture of Native America
	39600	The Afro-American to 1865
	39800	The Afro-American since 1865
JWST	33000	Introduction to Jewish Studies
PHIL	24200	Phil., Culture, and the African-American Exp.
POL	32600	Black Political Participation in America
PSY	33500	Stereotypes and Prejudice (or 22500)
SOC	31000	Racial and Ethnic Diversity
SPAN	33500	Lit. of the Spanish-Speaking People in the U.S.
WOST	38100	Women of Color in the United States

SOCIAL ETHICS (3 cr)

AGEC	21700	Economics
ANTH	21000	Technology & Culture
ECON	25200	Macroeconomics
HIST	38300	Recent American Constitutional History
HEBR	38500	The Holocaust in Modern Hebrew Literature
PHIL	11100	Ethics
	26000	Philosophy and Law
	27000	Biomedical Ethics
	28000	Ethics and Animals
	29000	Environmental Ethics
POL	12000	Intro to Public Policy and Public Admin.
	22300	Introduction to Environmental Policy
PSY	46400	Responsible Conduct of Scientific Research
SOC	22000	Social Problems
OR		Community Service Project/EPICS

UNITED STATES TRADITION (3 cr)

ENGL	25000	Great American Books
	35000	Survey of American Literature I
	35100	Survey of American Literature II
	38200	The American Novel
HIST	15100	American History to 1877
	15200	American History since 1877
	38200	American Constitutional History
POL	10100	American Government and Politics
SOC	36700	Religion in America

WESTERN HERITAGE (3 cr)

ANTH	31200	Archeology of Ancient Egypt & the Near East
CLCS	33000	Survey of Greek Literature in Translation
	33100	Survey of Latin Literature in Translation
	33500	Introduction to Classical Mythology
	33700	The Ancient Epic
	38500	Science, Medicine & Magic in the Ancient West
COM	31200	Rhetoric in the Western World
ENGL	23000	Great Narrative Works
	26200	Greek and Roman Classics in Translation
	26400	The Bible as Literature
	36500	Literature and Imperialism
FLL	33300	The Middle Ages on Film
GER	23000	German Literature in Translation
HIST	10200	Introduction to the Ancient World
	10300	Introduction to the Medieval World
	10400	Introduction to the Modern World
	41200	The Cultural History of the Middle Ages
MARS	22000	Introduction to Medieval Studies
PHIL	11000	Introduction to Philosophy
	20600	Philosophy of Religion
	30100	History of Ancient Philosophy
PHIL	30200	History of Medieval Philosophy
	30300	History of Modern Philosophy
	33100	Religions of the West (or REL 23100)
POL	15000	Intro to Political Thought
	35000	Foundations of Western Political Theory: Renaissance to Marx
	35100	Foundations of Western Political Theory: Plato to Reformation

WRITTEN & ORAL COMMUNICATION (6-7 cr)

4 cr	ENGL	10600	First-Year Composition (or 10100/10200)
	OR		
3 cr	ENGL	10800	Advanced English Composition (or 10300)
	AND		
3 cr	COM	11400	Fundamentals of Speech Communication