

College of Health and Human Services
 Health Sciences - Fitness Wellness Bachelor of Science
 2017-2018 Undergraduate Catalog

Progression Plan-Classic

Sample Progression Plans are for planning purposes
 only; see the catalog for official details.

Year 1 - Fall	
BIO 181 Unity Of Life I: Cell Life	3
PSY 101 Introduction To Psychology	3
Foundation English	4
FIT 100 Physical Education	1
Liberal Studies and/or Diversity	3

Year 1 - Spring	
BIO 192 Intro To Exercise Science	3
HS 200 Healthy Lifestyles	3
Foundation Math	3
Liberal Studies Science Lecture	3
Liberal Studies Science Lab	1
Liberal Studies and/or Diversity	3
FIT 100 Physical Education	1

Year 2 - Fall	
BIO 201 Human Anatomy and Physiology I	3
BIO 201L Human Anatomy and Physiology I Lab	1
Science/Applied Science course	3
Liberal Studies and/or Diversity	3
General Elective Course	3
General Elective Course	3

Year 2 - Spring	
BIO 202 Human Anatomy and Physiology II	3
BIO 202L Human Anatomy and Physiology II Lab	1
FW 311 Transformational Change	3
Nutrition Course	3
Liberal Studies and/or Diversity	3
FIT 100 Physical Education	1

Year 3 - Fall	
FW 343 Facilitating Active Living	3
PE 325 Applied Movement Analysis and Motor Learning	3
HS 390W Current Health Issues	3
General Elective Course	3
General Elective Course	3

Year 3 - Spring	
FW 321 Stress Management	3
FW 330 Health Risk Appraisal and Fitness Assessment	3
Liberal Studies and/or Diversity	3
Liberal Studies and/or Diversity	3
General Elective Course	3

Year 4 - Fall	
FW 405 Worksite Health Promotion	3
FW 406 Health Coaching Skills	3
FW 420C Exercise Program Design and Modification	3
General Elective Course	3
General Elective Course	3

Year 4 - Spring	
FW 430 Prof Practice/Responsibilities	3
HS 408 Field Work Experience	9
General Elective Course	2