

College of Health and Human Services  
 Health Sciences - Fitness Wellness Bachelor of Science  
 2019-2020 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: Life Of The Cell | 3 |
| PSY 101 Introduction To Psychology        | 3 |
| Foundation Math                           | 3 |
| FIT 100* Physical Education (see catalog) | 1 |
| Liberal Studies and/or Diversity          | 3 |

| Year 1 - Spring                           |   |
|---|---|
| BIO 192 Introduction To Exercise Science  | 3 |
| HS 200 Healthy Lifestyles                 | 3 |
| Foundation English                        | 4 |
| FIT 100* Physical Education (see catalog) | 1 |
| Liberal Studies and/or Diversity          | 3 |
| General Elective Course                   | 3 |
| General Elective Course                   | 3 |

| Year 2 - Fall                           |   |
|---|---|
| BIO 201 Human Anatomy/Physiology I      | 3 |
| BIO 201L Human Anatomy/Physiology I Lab | 1 |
| CHM 151 General Chemistry I             | 4 |
| CHM 151L General Chemistry I Lab        | 1 |
| Liberal Studies and/or Diversity        | 3 |
| General Elective Course                 | 3 |

| Year 2 - Spring                           |   |
|---|---|
| General Elective Course                   | 3 |
| BIO 202 Human Anatomy/Physiology II       | 3 |
| BIO 202L Human Anatomy/Physiology II Lab  | 1 |
| NTS 135 Human Nutrition                   | 3 |
| Liberal Studies and/or Diversity          | 3 |
| FIT 100* Physical Education (see catalog) | 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 |
| BIO 338 Physiology of Exercise                      | 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 |
| NTS 425 Nutrition for Sport Performance & Wellness  | 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 Professional Practice And Responsibilities | 3 |
| FW 408 Fieldwork Experience                       | 9 |
| General Elective Course                           | 2 |