

College of Health and Human Services
Health Sciences - Fitness Wellness Bachelor of Science
2021-2022 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
HS 200 Healthy Lifestyles	3
PSY 101 Introduction To Psychology	3
Foundation Math	3
Liberal Studies and/or Diversity	3

Year 1 - Spring	
BIO 192 Introduction To Exercise Science	3
CHM 151 General Chemistry I	4
CHM 151L General Chemistry I Lab	1
Foundation English	4
General Elective Course	3

Year 2 - Fall	
BIO 201 Human Anatomy/Physiology I	3
BIO 201L Human Anatomy/Physiology I Lab	1
FIT 100* Physical Education (see catalog)	1
FIT 100* Physical Education (see catalog)	1
Liberal Studies and/or Diversity	3
General Elective Course	3
General Elective Course	3

Year 2 - Spring	
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
General Elective Course	3
General Elective Course	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
FW 321 Stress Management	3
General Elective Course	3

Year 3 - Spring	
BIO 338 Physiology of Exercise	3
FW 330 Health Risk Appraisal And Fitness Assessment	3
FW 380 Strength and Conditioning Program Design	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
NTS 425 Nutrition for Sport Performance & Wellness	3
General Elective Course	3

Year 4 - Spring	
FW 430 Professional Practice And Responsibilities	3
FW 408 Fieldwork Experience	9
Liberal Studies and/or Diversity	3