## Catalog Year: ODD YEAR START

### Recommended Schedule for Bachelor of Arts in Fitness Studies: 65-67 hours

<table>
<thead>
<tr>
<th>Fall Year 1</th>
<th>Spring Year 1</th>
<th>Summer Year 1</th>
<th>Fall Year 2</th>
<th>Spring Year 2</th>
<th>Summer Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>+2 activity courses 1</td>
<td>+2 activity courses 1</td>
<td></td>
<td>Bio 243 4</td>
<td>HHP 270 2</td>
<td></td>
</tr>
<tr>
<td>Bio 111 OR 4</td>
<td>HHP 182 2</td>
<td>HHP 182 2</td>
<td>HHP 261 2</td>
<td>HHP 284 1</td>
<td></td>
</tr>
<tr>
<td>Gen Ed 11</td>
<td>Bio 112 4</td>
<td>HHP 273 3</td>
<td>HHP 291 2</td>
<td>HHP 301 2</td>
<td></td>
</tr>
<tr>
<td>(include HHP 100 &amp; Psy 101 first or second semester)</td>
<td>Chem 109/115 4</td>
<td>#HHP 286 1</td>
<td>+2 activity courses 1</td>
<td>**Bus 261 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>^Econ 102 3</td>
<td>HHP 295 3</td>
<td>Gen Ed 3</td>
<td>Gen Ed or minor 7</td>
<td></td>
</tr>
<tr>
<td>16 total credit hrs</td>
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<td>16 total credit hrs</td>
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</tr>
</tbody>
</table>

### Summer Year 1

- **HHP 392** 3 credits

### Fall Year 3

- **#HHP 281** 1 credit
- **#HHP 287** 1 credit
- Phys 109/111 4 credits
- +2 activity classes 1 credit
- Gen Ed or minor 9 credits

### Spring Year 3

- **#HHP 288** 1 credit
- **HHP 385** 3 credits
- Bio 244 3 credits
- **HHP 488** 3 credits
- Gen Ed or minor 6 credits

### Summer Year 3

- 3 total credit hours

### Fall Year 4

- **HHP 395** 3 credits
- **HHP 410** 3 credits
- **HHP/Gero 401** 3 credits
- **HHP 312** 3 credits
- **HHP 491** 3 credits

### Spring Year 4

- **HHP 399** 1 credit
- **HHP 494** 3 credits
- HHP 495 3 credits
- **HHP 471** 3 credits
- Gen Ed or minor 6 credits

### Summer Year 4

- 16 total credit hrs

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Please see the catalog for required general education courses and competencies. Psy 101 is a prerequisite for HHP 273 and should be taken as a social science general education class. This major will fulfill the general education requirements for science (6 hours) and HHP (2).

- Internship of 135 contact hours with a professional of student’s choice. Must be approved by fitness studies faculty. Sixty hours of course work with at least 15 hours in the major must be completed. See the Director of Career Development (JCC 204) for packet of internship application materials.

- *HHP 392* 3 credits

- 2 electives to be chosen from the following:
  - HHP 312
  - HHP 471
  - HHP 491
  - HHP 488

- #1 class to be chosen from the following:
  - HHP 312
  - HHP 471
  - HHP 491

- Activity courses (8 total) must be from the following:
  - 4 courses from HHP 161-168
  - 1 course from HHP 111-132
  - 1 course from HHP 135-158
  - 1 course from HHP 142-149
  - 1 course from HHP 171-177

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Econ 102 is a prerequisite for Bus 261 if that is used as an elective. Econ 102 will count as a general education social science course.

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Completing the above requirements will meet the requirements for a B.A. in Fitness Studies.

- Degree requires a minimum of 120.0 semester hours of credit with a minimum cumulative grade average of “C” (2.00) or, if higher, the minimum grade average specified by individual program requirements.