

Catalog Year 2011-12

Recommended Schedule for Bachelor of Arts in Fitness Studies: 64-66 hours

<u>Fall Year 1</u>	<u>Spring Year 1</u>	<u>Summer Year 1</u>	<u>Fall Year 2</u>	<u>Spring Year 2</u>	<u>Summer Year 2</u>
2 activity courses: 1 <i>Bio 111 OR</i> 4 Gen Ed Req for 9-11 hours include HHP 100 1 Psych 101 3 16 total credit hrs	2 activity courses: 1 HHP 182 2 <i>Bio 112</i> 4 Chem 109/115 4 ^Econ 102 3 Gen Ed: include HHP 100 and Psy 101 if not taken 1 st semester 16 total credit hrs		Bio 243 4 HHP 261 2 HHP 273 2 Gen Ed: 8 hours 16 total credit hrs	HHP 270 2 HHP 284 1 #HHP 286 1 HHP 291 2 2 activity courses 1 **Bus 261 3 Gen Ed/minor: 6-12 16 total credit hrs	+HHP 290 3 3 credit hours
<u>Fall Year 3</u>	<u>Spring Year 3</u>	<u>Summer Year 3</u>	<u>Fall Year 4</u>	<u>Spring Year 4</u>	<u>Summer Year 4</u>
#HHP 281 1 #HHP 287 1 Phys 109/111 4 2 activity classes 1 Gen Ed/minor 7-9 14-16 total credit hours	#HHP 288 1 HHP 385 3 Bio 444 3 **HHP 488 3 Gen Ed/minor: 6 16 total credit hrs	*HHP 392 3 3 credit hours	HHP 395 3 HHP 410 3 **Gero 401 3 **HHP 312 3 Gen Ed/minor 3 15 total credit hrs	HHP 399 1 HHP 491 3 HHP 494 3 HHP 495 3 **HHP 471 3 Gen Ed/minor 3 16 total credit hrs	
Please see 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 120 contact hours with professional of student's choice with approval of fitness studies director. Sixty hours of course work with at least 15 hours in the major must be completed. See the director of career services for application material.	** 2 elective classes chosen from the following: HHP 312, 471, 488, Bus 261, Gero 401.	# 1 class chosen from HHP 281, 286, 287, or 288	+ May be taught online.	^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.

Completing the above requirements will meet the requirements for a B.A. in Fitness Studies under the 2011-12 catalog.

-Courses are offered on a rotating basis; refer to the 5 year course offerings for each area.

-All degrees require at least 128 semester hours of credit with a minimum cumulative grade average of "C" (2.00) or the minimum grade average specified by individual program requirements (if higher). A minimum of 30 semester hours (12 of which must be on the 300 & 400 level and 15 of which must be in the student's major) must be taken in residence. Students must pass an average of 16 hours each semester to complete this major in four years. Summer hours may reduce the number of hours taken per semester.

-A second bachelor's degree requires an additional 30 semester hours above the 128 hours.

-Minors to consider: Community health, business, gerontology, senior adult fitness, parish health, biology