



APPLIED HEALTH AND FITNESS CORE COURSES
(50 credits)

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| PHE 250 Our Community, Our Health (4cr) | PHE 363 Comm. & Chronic Disease (4 cr) |
| PHE 270 Basic Biomechanics (2 cr) | PHE 370 Kinesiology (4 cr) ³ |
| BI 301 Anatomy/Physiology (4 cr) ¹ | PHE 473 Exercise Physiology (4 cr) ² |
| BI 302 Anatomy/Physiology (4 cr) ² | PHE 474 Exercise Prescription (4 cr) ⁴ |
| PHE 314 Research in Fitness (4 cr) | PHE 475 Exercise Testing (4 cr) ⁵ |
| PHE 325 Nutrition for Health(4 cr) | PHE 404 Internship (4-12 cr) |
| PHE 361 Care and Prevention of Injuries (4 cr) | |

¹prerequisite: expected preparation one year of college biological science ²prerequisite BIO 301; ³prerequisite PHE 270; ⁴prerequisite PHE 473; ⁵prerequisite PHE 473 and 474

In addition to CORE, complete ONE FOCUS AREA:

FITNESS & EXERCISE (26 credits)	FITNESS for SPECIAL POPULATIONS (28 credits)	HEALTH COACHING (28 credits)
PHE 421 Health Coaching Strategies (4 cr)	PHE 295 Health Promotion (4 cr)	PHE 295 Health Promotion (4 cr)
PHE 456 Health Aspects of Aging (4 cr)	PHE 456 Health Aspects of Aging or PSY Human Development (4 cr)	COMM 218 Interpersonal Communication (4 cr)
BA Business course approved by advisor. (4 cr)	PHE 417 Adapted PE (4 cr)	PHE 275 Stress Management (4 cr)
PE Activity courses (3 cr)	PE 193 Fitness Instruction Adapted PE (2 cr)	PHE 421 Health Coaching Strategies (4 cr)
PE 194 Fitness Instruction Personal Training (2 cr)	PE 100 level** (2 cr) from approved list**	PHE 466 Mind/Body Health (4 cr)
PHE or approved electives (8cr)	PHE 340 Motor Learning (4 cr)	PHE or approved electives (8cr)
<i>Students wanting to earn a PE teaching endorsement for Secondary Education need to take the classes listed below***</i>	PHE or approved electives (8cr)	

*****PE Teacher:** PE100 Adapted PE, Motor Learning, PSY 311 Human Development (*these courses can count toward the 8 PHE electives*)

**Must have 180 credits to graduate of which 72 must be upper division.
C- or higher is required for all coursework in the major.**

Credits at admission	Requirement	2021 and earlier catalogs	2022 catalog
0-59	SINQ	Three SINQs	Two SINQs
	Cluster	Cluster must link to one of your SINQ courses	Cluster and SINQ are not required to be from the same theme, but it is recommended
	RESR	Not applicable	Two RESR designated courses
60-74	SINQ	Two SINQs	Two SINQs
	Cluster	Cluster must link to one of your SINQ courses	Cluster and SINQ are not required to be from the same theme, but it is recommended
	RESR	Not applicable	Two RESR designated courses
75-89	SINQ	One SINQ	One SINQ
	Cluster	Cluster must link to one of your SINQ courses	Cluster and SINQ are not required to be from the same theme, but it is recommended
	RESR	Not applicable	Two RESR designated courses
90-134	SINQ	Not applicable	Not applicable
	Cluster	Cluster must link to one of your SINQ courses	Cluster and SINQ are not required to be from the same theme, but it is recommended
	RESR	Not applicable	One RESR designated course
135 +	SINQ	Not applicable	Not applicable
	Cluster	Not applicable	Not applicable
	RESR	Not applicable	One RESR designated course

BACHELOR OF SCIENCE

Minimum of 23 credits

Science (1 year of science - 10 credits
min of which 6 must have a lab)

_____ Lab
_____ Lab
_____ Lab

Arts and/or Social Science (10 credits
min)

Math (3 credits min. of college level)

BACHELOR OF ARTS

Minimum of 23 credits

Arts and Letters (10 credits min,
3 must be from Fine & Performing Arts)

Social Science/Science (10 credits minimum with 3
from science or math)

Math or Science (min. 3 credits)

Foreign Language

(203 or higher, 3 credits minimum)

Writing Requirement

Students admitted having earned 30-89 credits need writing 121 and SINQ coursework, as determined by credit placement. Students admitted having earned 90 or more credits meet the requirement with WR 121, plus an additional course from the following list:

WR 211, 222, 227, 300, 323, 327, 333, 420 or a 4 credit Writing Intensive Course (WIC).

_____ WR 121

_____ Additional Writing Course