



APPLIED HEALTH AND FITNESS CORE COURSES (46 credits)

PHE 250 Our Community, Our Health (4cr)

PHE 270 Basic Biomechanics (2 cr)

BI 301 Anatomy/Physiology (4 cr)₁

BI 302 Anatomy/Physiology (4 cr)₂

PHE 314 Research in Fitness (4 cr)

PHE 325 Nutrition for Health (4 cr)

PHE 363 Comm. & Chronic Disease (4 cr)

PHE 370 Kinesiology (4 cr)₃

PHE 473 Exercise Physiology (4 cr)₂

PHE 474 Exercise Prescription (4 cr)₄

PHE 475 Exercise Testing (4 cr)₅

[PHE 404 Internship \(4 credits: 120 hours\) \[1\]](#)

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

[\[1\] The PHE 404 planning process should start AT LEAST TWO TERMS IN ADVANCE of PHE 404 registration](#)

In addition to CORE, complete ONE FOCUS AREA:

| FITNESS & EXERCISE (26 credits) | FITNESS for SPECIAL POPULATIONS (26 credits) | HEALTH COACHING (24 credits) |
|--|---|---|
| PHE 324 Health Coaching Strategies (4 cr) | PHE 295 Health Promotion (4 cr) | PHE 295 Health Promotion (4 cr) |
| PHE 421 Health Coaching Strategies (4 cr) | PHE 456 Health Aspects of Aging or PSY Human Development (4 cr) | PHE 324 Health Coaching |
| PHE 456 Health Aspects of Aging (4 cr) | PHE 417 Adapted PE (4 cr) | PHE 421 Health Coaching Strategies (4 cr) |
| BA Business course approved by advisor. (4 cr) | PE 193 Fitness Instruction Adapted PE (2 cr) | PHE 323 Body Liberation for Health or PHE 466 Mind/Body Health (4 cr) |
| PE 194 Fitness Instruction Personal Training (2 cr) | PHE 340 Motor Learning (4 cr) | PHE or approved electives (8cr) |
| PHE or approved electives (8cr) | 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> | | |

*****PE Teacher:** PHE 417Adapted PE, **PHE 340** Motor Learning, PSY 311 Human Development (*these courses can count toward the 8 PHE electives*)

Must have 180 credits to graduate of which 62 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 |

All students must complete a Capstone course to graduate along with the above University Studies Requirements

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 200, 222, 227, 228, 300, 301, 323, 327, 333, 394, 400, 420 or a 4-credit [Writing Intensive Course \(WIC\)](#)¹ course

_____ **WR 121**

_____ **Additional Writing Course**