

## Curriculum for Fitness and Wellness Program

### **Major Requirements**

#### Core Requirements

PHE 201 Foundations of Sport Science (3)  
PHE 212 Causes and Prevention of Athletic Injuries (3)  
PHE 315 Physical Fitness Concepts and Applications (3)  
PHE 320 Biomechanics (3)  
PHE 325 Physiology of Exercise (3)  
PHE 407 Strength and Conditioning (3)  
PHE 562 Adapted Physical Activity (3)  
PHE 575 Test and Measurements (3)

PHE 241 Swimming and Water Safety (1)

**or**

PHE 313 Lifeguard Training (2)  
**or** PHE 340 Water Safety Instructor (3)

#### **Option Requirements**

PHE 290 Outdoor and Lifelong Motor Activities (3)  
PHE 430 Fitness Program Administration (3)  
PHE 433 Adult Physical Fitness Programs (3)  
PHE 435 Group Fitness Instruction (3)  
PHE 472 Internship (6)

#### **Supporting Course Requirements**

BIO 171 Human Anatomy (3)  
BIO 301 Human Physiology (3)

CSC 104 Computer Literacy with Software Applications (3)

**Or**

CIS 212 Intro to Computer Information Systems (3)

NFA 201 Nutrition (3)  
NFA 517 Sport Nutrition (3)

#### **Select six (6) hours from the following:**

HEA 315 Contemporary Health Problems (3)  
HEA 380 Mental Health Education (3)  
HEA 480 Health Promotion Program Planning (3)

**Select three hours from the following:**

MGT 301 Management (3)

MKT 301 Marketing (3)

PHE 530 Sport Information (3)