

**Foundations course requirements determined by entrance exam scores:**

- \_\_\_ FM051 Foundations of Math I
- \_\_\_ FM052 Foundations of Math II
- \_\_\_ FW051 Foundations of Writing I
- \_\_\_ FW052 Foundations of Writing II



**B.S. Health Fitness Specialist**

**Key for Sequencing -- Prerequisites must be met for every course**

A= Take within first two quarters

B= Take within first 45 credits

C = Take within first 90 credits

D = Take after the first 90 credits

E = Take within last two quarters

Quarter: 1		Cr
A	CM121 Composition	4
B	HS102 Introduction to Exercise Science	2
B	MA100 Medical Terminology	4
B	MA110 Anatomy and Physiology	5
A	SS103 Global Citizenship (1st Quarter)	2
<b>Total credits</b>		<b>17</b>

Quarter: 7		Cr
D	HS300 Sport Nutrition	4
D	HS301 Sports Psychology	4
D	Core Elective	2
D	Core Elective	2
D	General Education Elective	4
<b>Total credits</b>		<b>16</b>

Quarter: 2		Cr
B	BS110 Business Communications	4
B	CS131 MS Office Professional I	3
B	HS141 Human Anatomy	5
B	SS140 Interpersonal Relations	4
<b>Total credits</b>		<b>16</b>

Quarter: 8		Cr
D	HS321 Principles of Child Fitness	3
D	HS400 Sales & Marketing of Fitness Programs	3
D	Core Elective	2
D	General Education Elective	4
<b>Total credits</b>		<b>12</b>

Quarter: 3		Cr
C	HS150 Kinesiology	4
B	MG100 Introduction to Business	5
C	MG110 Supervisory Management	4
C	General Education Math Elective	4
<b>Total credits</b>		<b>17</b>

Quarter: 9		Cr
D	HS405 Online Coaching and Personal Training	3
D	Core Elective	2
D	Core Elective	2
D	General Education Elective	4
D	General Education Elective	4
<b>Total credits</b>		<b>15</b>

Quarter: 4		Cr
C	HS201 Biomechanics	3
C	HS211 General Nutrition	3
C	HS265 Exercise Physiology	4
C	MG220 Small Business Management	4
<b>Total credits</b>		<b>14</b>

Quarter: 10		Cr
D	HS407 Advanced Youth Fitness Development	4
D	MG340 Leadership and Management	4
D	MK220 Sales Management	3
D	General Education Elective	4
<b>Total credits</b>		<b>15</b>

Quarter: 5		Cr
C	BS311 Organizational Behavior	4
C	HS240 Fitness Analysis	3
C	HS248 Exercise Prescription: Theory of Exercise	3
C	MK150 Marketing	4
<b>Total credits</b>		<b>14</b>

Quarter: 11		Cr
D	MG430 Business Ethics	4
E	PD250 Career Development	1
D	General Education Elective	4
D	General Education Elective	4
<b>Total credits</b>		<b>13</b>

Quarter: 6		Cr
C	HS254 Exercise Prescription: Special Populations	4
C	HS287 Worksite Health Promotion	3
D	MG310 Human Resource Management	4
D	SS116 Introduction to Psychology	4
D	Core Elective	2
<b>Total credits</b>		<b>17</b>

Quarter: 12		Cr
E	HS351 Externship	6
D	General Education Elective	4
D	General Education Elective	4
<b>Total credits</b>		<b>14</b>

**Total Minimum Credits 180**

Course recommendations based on this sequence will be made each quarter by the academic staff. There is a probability that a student who has transfer credits, takes a quarter(s) off, does not successfully complete classes, or chooses not to follow the recommended sequence will be required to take classes at another campus or on line. The length of this program may be extended one or more quarters for students who are required to take foundations classes. Foundations classes must be taken in the first quarter (or two when multiple classes are required). Refer to the current school catalog for additional requirements and policies.

Signature indicating agreement: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Student ID: \_\_\_\_\_