

BS HEALTH & FITNESS

General Education Requirements

EH 105	College Writing	3
EH 360	Writing in the Health Professions	3
HE 114	Husson Experience & Building Professional Skills	3
PY 111	General Psychology	3
PY 141	Human Growth and Development	3
SC 180 & SL 180	Principles of Gen Chemistry and Prin of Gen Chemistry Lab I	4
SY 230	Medical Anthropology	3
Bridge Elective with Sustainability Tag		3
Fine Arts Elective		3
Foreign Culture or Conversation Elective		3
Historical Elective		3
Humanities Elective		3
Literature Elective		3
Math I Elective		3-4
Math II Elective		3
Philosophical Elective		3

Major Requirements (27 credits)

HS 301	Introduction to Public Health	3
PY 113	Ethics and Professional Conduct	3
PY 335	Behavioral, Psychological, and Rehabilitation Intervention Models	3
SC 107	Foundations of Functional Fitness, Nutrition, & Wellness	3
SC 120	Functional Anatomy and Physiology	3
SC 330	Exercise Physiology	3
SC 340	Anatomical Basis of Kinesiology	3
SC 363	Group Exercise Instruction, Design & Management	3
SC 429	Specialized Therapeutic Exercise Programs	3

Major Electives

Choose five of the following:		15
BA 101	Introduction to Business	
BA 231	Principles of Leadership	
BA 310	Organization and Management	
BA 311	Human Resource Management	
HS 121	Medical Terminology	
HS 302	Global Health	
HS 311	Healthcare Management and Organization	
HS 321	Healthcare Law and Ethics	
HS 411	Health Economics and Policy	
PY 231	Social Psychology	
PY 232	Abnormal Psychology	
PY 320	The Psychology of Nourishment & Wellness	
PY 340	Physiological Psychology	
PY 341	Gerontology	
SC 224	Research Design	
SC 234	Nutrition	
SC 322	Epidemiology	
SC 368	Gut Microbes, Diet & Health	

SC 439	Nutrition, Disease & Lifespan	
SM 300	Principles & Qualities of Coaching	
Open Electives		
Open Electives		30
Total Hours		121-122