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| **Year One: Fall** | **Year One: Spring** |
| CHEM 103 Introductory Chemistry **OR**  CHEM 107 Principles of Chemistry  (both Gen. Ed. Domain II-B; L) | BIOL 130 Principles of Biology (Gen. Ed. Domain II-B; L) **OR**  Any introductory BIOL course with Lab |
| HLTH 110 Wellness for Life (Gen. Ed. Domain III-B) **OR**  NUTR 110 Fundamentals of Nutrition Science (Gen. Ed. Domain II-B non-L) | HLTH 110 Wellness for Life (Gen. Ed. Domain III-B) **OR**  NUTR 110 Fundamentals of Nutrition Science (Gen. Ed. Domain II-B non-L) |
| ENGL 110 Expository Writing | PSYC 101 General Psychology **OR**  SOCI 101 Introduction to Sociology |
| Any 100-level or higher Gen. Ed. MATH Course | Domain Gen. Ed. Course |

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| **Year Two: Fall** | **Year Two: Spring** |
| BIOL 241 Anatomy and Physiology I (PR; L) | BIOL 242 Anatomy and Physiology II (PR; L) |
| NUTR 262 Food, Culture, and Society (P: L) | MRKT 181 Marketing Principles |
| HLTH 206 Wellness Behavior (PR) | ENGL 286 Professional Writing **OR**  COMM 215 Science Communication |
| Domain Gen. Ed. Course | Domain Gen. Ed. Course |

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| **Year Three: Fall** | **Year Three: Spring** |
| HLTH 302 Exercise Physiology (PR; L) | NUTR 271 Nutrition for Sports and Exercise (PR) |
| NUTR 333 Nutrition and Chronic Disease (PR) | HLTH 310 Exercise Testing and Prescription  (PR = HLTH 302 may be taken concurrently) |
| Domain Gen. Ed. Course | Domain Gen. Ed. Course |
| Open Elective | Additional HLTH course **OR**  Additional NUTR course @ ≥ 200-level |

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| **Year Four: Fall** | **Year Four: Spring** |
| HLTH 326 Drugs, Alcohol, and Addictive Behavior (PR) | HLTH 495 Internship in Fitness (PR)  Application required, keep one 8-hour day free |
| HLTH 410 Personal Training (PR) | NUTR 482 Management of Food and Nutrition Services\*\* (PR) |
| Domain Gen. Ed. Course | Open Elective |
| Open Elective | Open Elective |
| Submit application for HLTH 495 |  |

PR = pre-requisite(s) required L = three hour lab is required

\* You will complete a minor in BIOL as part of the Fitness concentration

\*\* If you declare a BUSI minor, you can substitute MGMT 381 Human Resource Management

Notes:

1. You are strongly encouraged to seek assistance from your advisor especially if you are a transfer student.
2. CHEM 103 is offered in fall semester only; Chem 201 is offered in the spring semester only. You may need to take CHEM 107 depending on when you choose Fitness is as your concentration
3. MRKT 181 has been offered in Winter Intersession and might be in future
4. HLTH 302 is currently offered only in the Fall (can be taken concurrently with HLTH 310)
5. If you are a transfer student, you are encouraged to use R.A.M.S. to identify transfer courses that meet FSU requirements. If the course does not meet the FSU requirement, you can meet with the chair of the related Department to share the syllabus for further discussion
6. A list of electives is available from your advisor.
7. You will benefit from taking ENGL 286 or COMM 215 before HLTH 206 and HLTH 326 because these courses involve research papers.