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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  |
| ENGL 110 Expository Writing  | 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) | 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) |
| HLTH 206 Wellness Behavior (PR)  | COMM 215 Science Communication **OR**ENGL 286 Professional Writing  |
| NUTR 262 Food, Culture, and Society (PR: L) | MRKT 181 Marketing Principles |
| Domain Gen. Ed. Course | Domain Gen. Ed. Course |

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| **Year Three: Fall** | **Year Three: Spring** |
| NUTR 271 Nutrition for Sports and Exercise (PR)  | HLTH 310 Exercise Testing and Prescription (PR = HLTH 302 may be taken concurrently)  |
| HLTH 302 Exercise Physiology (PR; L)  | NUTR 333 Nutrition and Chronic Disease (PR) |
| Domain Gen. Ed. Course |  HLTH 326 Drugs, Alcohol, and Addictive Behavior |
| Open Elective  | Domain Gen. Ed. Course |

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| **Year Four: Fall** | **Year Four: Spring** |
| HLTH 410 Personal Training (PR) | HLTH 495 Internship in Fitness (PR)Application required, keep one 8-hour day free  |
| Additional HLTH course **OR** Additional NUTR course @ ≥ 200-level (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 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 recommended 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.