

Health and Wellness: Fitness Concentration (UHWF)
Required Courses and Suggested Undergraduate Course Sequence for Entering Freshmen

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 105 Personal and Community Health OR NUTR 205 Nutrition Science and Applications
HLTH 105 Personal and Community Health OR NUTR 205 Nutrition Science and Applications	PSYC 101 General Psychology OR SOC 101 Introduction to Sociology
Any 100-level or higher Gen. Ed. MATH Course	Domain Gen. Ed. Course
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
ENGL 286 Professional Writing OR COMM 215 Science Communication	HLTH 206 Wellness Behavior (PR)
Domain Gen. Ed. Course	Domain Gen. Ed. Course
Year Three: Fall	Year Three: Spring
BIOL 303 Exercise Physiology (every other Fall; PR; L)	NUTR 271 Nutrition for Sports and Exercise (PR)
HLTH 310 Exercise Testing and Prescription (PR = BIOL 303 or concurrent)	NUTR 333 Nutrition and Chronic Disease (PR)
Domain Gen. Ed. Course	Domain Gen. Ed. Course
Open Elective	Additional HLTH course OR Additional NUTR course
Year Four: Fall	Year Four: Spring
HLTH 326 Drugs, Alcohol, and Addictive Behavior (PR)	HLTH 410 Personal Training (PR)
NUTR 482 Management of Food and Nutrition Services** (PR)	HLTH 495 Internship in Fitness (PR) Application required, one day free
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:

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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. BIOL 303 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.