

# HEALTH AND WELLNESS MAJOR

## FITNESS CONCENTRATION (UHFV – Major and Related Courses - 19)

**DOMAIN GENERAL EDUCATION (10 Courses Required):**

Domain II B is satisfied through completion of the Health and Wellness major, leaving 10 courses to be completed to satisfy the remaining General Education subdomains through courses taken outside the major. Only courses designated (Gen. Ed. Domain) after the course title will meet General Education requirements. Please refer to the catalog for information.

<u>COURSE #</u>	<u>TITLE</u>	<u>SUBDOMAINS MET</u>
<u>BIOL 130</u>	<u>Principles of Biology or an intro biology lab course</u>	<u>2B</u>
_____	_____	_____
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_____	_____	_____

**Domain General Education Subdomains**  
(check off as completed)

Common Core:	A. ENGL 110 Expository Writing	_____
	B. MATH XXX (credit-bearing)	_____
Domain I:	A. Creative Arts	_____
	B. Humanities	_____
	C. Language	_____
Domain II:	A. Analysis, Modeling, Problem-Solving	_____
	B. Natural Sciences (two)	X
Domain III:	A. Perspectives on the Past	_____
	B. Perspectives on Contemp. World	_____
	C. Global Comp., Eth. Reas., Human Div.	_____
_____ Laboratory Science	X = Fulfilled through major	

<u>COURSE #</u>	<u>COURSE TITLE</u>
<u>HLTH 110</u>	<u>Wellness for Life</u>
<u>HLTH 206</u>	<u>Wellness Behavior</u>
<u>HLTH 302</u>	<u>Exercise Physiology</u>
<u>HLTH 310</u>	<u>Exercise Testing and Prescription</u>
<u>HLTH 326</u>	<u>Drugs, Alcohol and Addictive Behavior</u>
<u>HLTH 410</u>	<u>Personal Training</u>
<u>HLTH 495</u>	<u>Internship in Health and Wellness</u>
<u>NUTR 110</u>	<u>Fundamentals of Nutrition Science</u>
<u>NUTR 262</u>	<u>Food, Culture and Society</u>
<u>NUTR 271</u>	<u>Nutrition for Sports and Exercise</u>
<u>NUTR 333</u>	<u>Nutrition and Chronic Disease</u>
<u>NUTR 482</u>	<u>Management of Food and Nutrition Services</u>
_____	<u>One additional HLTH or NUTR courses</u>
<u>BIOL 241</u>	<u>Anatomy and Physiology I</u>
<u>BIOL 242</u>	<u>Anatomy and Physiology II</u>
<u>CHEM 103</u>	<u>General Chemistry or CHEM 107 P. of Chem.</u>
<u>ENGL 286</u>	<u>Professional Writing OR COMM 215 Science Comm</u>
<u>MRKT 181</u>	<u>Marketing Principles</u>

**FREE ELECTIVES (3):**

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_____	_____
_____	_____