

HEALTH AND WELLNESS MAJOR

Fitness Concentration

This worksheet is a guide to supplement your degree audit in Degree Works. All students need 32 FSU course-credits to graduate. For students who change majors or enter FSU with transfer credits your degree audit may appear differently, as previous coursework could fulfill Domains and Free Electives. Please see your Advisor and/or The Advising Center with any questions.

DOMAIN GENERAL EDUCATION (11 Courses Required):

The FSU General Education program consists of 11 requirements. In the Health & Wellness major Domain II-B is partially satisfied through completion of the major (X *ten (10) courses to be completed* to satisfy the remaining General Education subdomains through courses taken outside the major department. Only courses designated (Gen. Ed. Domain) after the course title will meet General Education requirements. Please refer to the catalog (p. 371) for full information.

Common Core

- _____ A. ENWR 110 Composition II
 _____ B. MATH/STAT XXX (credit-bearing): _____

Domain I

- _____ A. Creative Arts: _____
 _____ B. Humanities: _____
 _____ C. Language: _____

Domain II

- _____ A. Analysis, Modeling, Problem-Solving: _____
 _____ B. Natural Sciences (2): Non-Lab Science: _____
 _____ X _____ Lab Science

Domain III

- _____ A. Perspectives on the Past: _____
 _____ B. Perspectives on Contemporary World: _____
 _____ C. Global Competency, Ethical Reasoning,
 and/or Human Diversity: _____

X = Fulfilled through completion of major

* = Required course in the major

MAJOR COURSES (17):

Required Core Courses (9):

- _____ BIOL 130/130L Principles of Biology w/Lab
 _____ or BIOL 142/142L Intro. to Human Biology w/Lab
 _____ or An Introductory Biology course w/lab
 _____ CHEM 103/103L Introductory Chemistry w/Lab
 _____ or CHEM 107/107L Principles of Chemistry w/Lab
 _____ HLTH 110 Wellness for Life
 _____ HLTH 206 Wellness Behavior
 _____ HLTH 222 Public Health and Epidemiology
 _____ HLTH 430 Research Methods in Health and Wellness
 _____ NUTR 110 Fundamentals of Nutrition Science
 _____ NUTR 262/262L Food, Culture, and Society w/Lab
 _____ STAT 117 Introduction to Statistics (II-A)*
 _____ or STAT 157 Probability and Statistics (II-A)*
 _____ or STAT 208 Biostatistics
 _____ or ENVS 202 Data Analysis for Scientists

**If taken will fulfill the Gen. Ed. requirements as noted.*

Required Capstone Course (1):

- _____ HLTH 495 Internship in Health and Wellness
 _____ or NUTR 495 Internship in Food and Nutrition

Concentration in Fitness (7):

- _____ BIOL 241/241L Anatomy and Physiology I with Lab
 _____ BIOL 242/242L Anatomy and Physiology II with Lab
 _____ HLTH 302 Exercise Physiology
 _____ HLTH 310 Exercise Testing and Prescription
 _____ HLTH 410 Personal Training
 _____ NUTR 271 Nutrition for Sports and Exercise
 _____ or NUTR 333 Nutrition and Chronic Disease

One additional HLTH or NUTR course at the 200-level or above

NOTE: Students completing this concentration have met the academic requirements for a minor in biology. Suggested minors for Fitness include: American Sign Language, Communication Arts, Biology, Business, Marketing, Nutrition, Science Communication, Spanish, Sports Management, Psychology, Sociology.

FREE ELECTIVES (1-5): May be used toward a minor

