**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: 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**

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