

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. 378) 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 courses, 18.25 credits):

Required Core Courses (10 courses, 10.75 credits):

- | | | |
|-------|--|---|
| _____ | BIOL 130/130L | Principles of Biology w/Lab |
| _____ | <u>or</u> BIOL 142/142L | Intro. to Human Biology w/Lab |
| _____ | <u>or</u> An Introductory Biology course | w/lab |
| _____ | CHEM 103/103L | Introductory Chemistry w/Lab |
| _____ | <u>or</u> 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)* |
| _____ | <u>or</u> STAT 157 | Probability and Statistics (II-A)* |
| _____ | <u>or</u> STAT 203 | Statistics for the Natural Sciences |
| _____ | <u>or</u> ENVS 202 | Data Analysis for Scientists |

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

Required Capstone Course:

- | | | |
|-------|--------------------|-----------------------------------|
| _____ | HLTH 495 | Internship in Health and Wellness |
| _____ | <u>or</u> NUTR 495 | Internship in Food and Nutrition |

Concentration in Fitness (7 courses, 7.5 credits):

- | | | |
|-------|--------------------|------------------------------------|
| _____ | 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 |
| _____ | <u>or</u> 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 (1-4):

_____	_____
_____	_____
_____	_____
_____	_____