

HEALTH AND WELLNESS MAJOR

Fitness Concentration

This worksheet is a guide to supplement your degree audit in Degree Works. All students need a minimum of 30 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 Undergraduate Catalog 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
_____ *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 203 Statistics for the Natural Sciences
_____ *or* 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
_____ *or* 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
_____ *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 (0-2):

