

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: _____
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:

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
<i>or</i> NUTR 333	
	Nutrition and Chronic Disease

or NUTR 555 Nutrition and Chronic Disease

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):
