Health and Wellness: Fitness Concentration (UHWF)

Suggested Course Sequence for Entering Freshmen

| **Year One** |
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| **Fall** | **Spring** |
| CHEM 103 Introductory Chemistry or CHEM 107 Principles of Chemistry (both Gen. Ed. Domain II-B; L)HLTH 110 Wellness for Life (Gen. Ed. Domain III-B) orNUTR 110 Fundamentals of Nutrition Science (Gen. Ed. Domain II-B non-L)Common Core A – ENWR 110 Composition IICommon Core B – Any 100-level or higher Gen. Ed. MATH Course (MATH 123 is suggested) | BIOL 130/130L Principles of Biology with Lab (Gen. Ed. Domain II-B; L) or BIOL 142/142L Introduction to Human Biology with Lab or an introductory biology course with labHLTH 110 Wellness for Life (Gen. Ed. Domain III-B) orNUTR 110 Fundamentals of Nutrition Science (Gen. Ed. Domain II-B non-L)STAT 117 Introduction to Statistics (Gen. Ed. Domain II-A) or STAT 157 Probability and Statistics (Gen. Ed. Domain II-A) or STAT 208 Biostatistics (PR) or ENVS 202 Data Analysis for Scientists (PR)Domain Gen. Ed. Course |

| **Year Two** |
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| **Fall** | **Spring** |
| BIOL 241 Anatomy and Physiology I (PR; L)HLTH 206 Wellness Behavior (PR) NUTR 262 Food, Culture, and Society (PR: L)Open Elective | BIOL 242 Anatomy and Physiology II (PR; L)HLTH 222 Public Health and Epidemiology (PR)Domain Gen. Ed. CourseOpen Elective |

| **Year Three** |
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| **Fall** | **Spring** |
| HLTH 302 Exercise Physiology (PR)NUTR 271 Nutrition for Sports and Exercise (PR) Domain Gen. Ed. CourseOpen Elective | HLTH 310 Exercise Testing and Prescription (PR = HLTH 302 can be taken concurrently)HLTH or NUTR Elective at or above 200-levelDomain Gen. Ed. CourseOpen Elective |

| **Year Four** |
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| **Fall** | **Spring** |
| HLTH 410 Personal Training (PR)HLTH 4XX Research Methods in Health and Wellness (PR)Open ElectiveOpen ElectiveSubmit application for HLTH 495 | HLTH 495 Internship in Health and Wellness (PR)Application required, keep one 8-hour day free Domain Gen. Ed. CourseOpen ElectiveOpen Elective |

PR = pre-requisite(s) required

L = three-hour lab is required

\* You will complete a minor in Biology (BIOL) as part of the Fitness concentration

Notes:

1. You are strongly encouraged to seek assistance from your advisor especially if you are a transfer student.
2. CHEM 103 is offered in fall semester only; you may need to take CHEM 107 depending on when you choose Fitness is as your concentration
3. If you are a transfer student, you are encouraged to use R.A.M.S. to identify transfer courses that meet FSU requirements. If the course does not meet the FSU requirement, you can meet with the chair of the related Department to share the syllabus for further discussion
4. A list of electives is available from your advisor.