

# BS MAJOR IN HEALTH AND FITNESS

## Requirements for the Bachelor of Science Degree in Health and Fitness

Additional Graduation Requirements (<https://catalog.una.edu/undergraduate/academic-procedures-requirements/graduation-requirements/>)

| Code   | Title  | Hours          |
|--|--|----------------|
| <b>General Education Component</b> ( <a href="https://catalog.una.edu/undergraduate/academic-procedures-requirements/general-education-component/">https://catalog.una.edu/undergraduate/academic-procedures-requirements/general-education-component/</a> ) |  |                |
| Area I (Written Composition)   |  | 6              |
| Area II (Humanities and Fine Arts)   |  | 12             |
| Area III (Natural Sciences and Mathematics)  |  | 11             |
| Area IV (History, Social and Behavioral Sciences)  |  | 12             |
| Area V ( <a href="https://www.una.edu/areav/">https://www.una.edu/areav/</a> )   |  |                |
| <b>Additional Requirements</b>   |  |                |
| HPE 102  | Weight Training and Conditioning                                 | 1              |
| HPE 105  | Walking/Jogging/Running  | 1              |
| HPE 130<br>or HPE 131  | Beginning Swimming<br>Intermediate Swimming                      | 1              |
| HPE 140  | Aerobic Fitness  | 1              |
| HPE 175  | Essentials of Healthy Living                                     | 3              |
| HPE 213  | Foundations of Health  | 3              |
| HPE 221  | Introduction to Health and Physical Education                    | 3              |
| HPE 233  | First Aid  | 3              |
| CIS 125  | Business Applications of Microcomputer Software                  | 3              |
| <b>Major Core Requirements</b>   |  |                |
| HPE 000  | Senior Portfolio   | 0              |
| HPE 466W   | Legal Issues and Risk Management in Sport and Leisure Activities | 3              |
| HPE 498  | Internship   | 6              |
| <b>Major Concentrations</b>  |  | <b>53-56</b>   |
| Select one of the following concentrations:  |  |                |
| Fitness Management Concentration (p. 1)  |  |                |
| Health Promotion Concentration (p. 1)  |  |                |
| <b>Total Hours</b>   |  | <b>122-125</b> |

### Fitness Management Concentration

| Code     | Title   | Hours |
|----------|---|-------|
| HPE 225  | Nutrition and Human Performance                                       | 3     |
| HPE 352  | Kinesiology   | 3     |
| HPE 353W | Physiology of Exercise  | 3     |
| HPE 360  | Introduction to Fitness Testing                                       | 3     |
| HPE 402  | Exercise Prescription and Fitness Appraisal in the Healthy Individual | 3     |
| HPE 403  | Essentials of Prescribing Resistance Training                         | 3     |
| HPE 405  | Exercise Leadership   | 3     |
| HPE 430  | Behavioral Modification Interventions                                 | 3     |

|  |   |           |
|--|---|-----------|
| HPE 443                                | Management of Health, Physical Education, and Athletics | 3         |
| HPE 451                                | Applied Statistics in Health and Exercise Science       | 3         |
| Select one from the following courses: |   | 3         |
| HPE 378                                | Athletic Training and Conditioning                      |           |
| HPE 401                                | Adapted Physical Education                              |           |
| HPE 408                                | Consumer Health   |           |
| HPE 410                                | Health Promotion  |           |
| HPE 424                                | Drugs in Society  |           |
| HPE 490                                | Research Methods: Introduction to Concepts and Analyses |           |
| SRM 444                                | Recreation for Special Populations                      |           |
| Prescribed Supporting Courses          |   |           |
| BI 241                                 | Human Anatomy and Physiology I                          | 4         |
| BI 242                                 | Human Anatomy and Physiology II                         | 4         |
| MG 330                                 | Principles of Management                                | 3         |
| MG 331                                 | Leadership and Organizational Behavior                  | 3         |
| MG 391                                 | Entrepreneurship  | 3         |
| MK 360                                 | Principles of Marketing                                 | 3         |
| <b>Total Hours</b>                     |   | <b>53</b> |

### Health Promotion Concentration

| Code                                     | Title   | Hours |
|--|---|-------|
| HPE 350                                  | Applied Nutrition for the Lifespan                                    | 3     |
| HPE 351                                  | Chronic Disease and Health Promotion                                  | 3     |
| HPE 352                                  | Kinesiology   | 3     |
| HPE 353W                                 | Physiology of Exercise  | 3     |
| HPE 360                                  | Introduction to Fitness Testing                                       | 3     |
| HPE 402                                  | Exercise Prescription and Fitness Appraisal in the Healthy Individual | 3     |
| HPE 410                                  | Health Promotion  | 3     |
| HPE 430                                  | Behavioral Modification Interventions                                 | 3     |
| HPE 443                                  | Management of Health, Physical Education, and Athletics               | 3     |
| HPE 451                                  | Applied Statistics in Health and Exercise Science                     | 3     |
| HPE 494                                  | Exercise Prescription for Moderate Risk and Known Disease Individuals | 3     |
| Select three from the following courses: |   | 9     |
| HPE 406                                  | Human Sexuality   |       |
| HPE 408                                  | Consumer Health   |       |
| HPE 420                                  | Health and Aging  |       |
| HPE 422                                  | Public Health   |       |
| HPE 424                                  | Drugs in Society  |       |
| HPE 441                                  | Principles of Nutrition Science & Metabolism                          |       |
| HPE 442                                  | Application of Nutritional Concepts                                   |       |
| HPE 490                                  | Research Methods: Introduction to Concepts and Analyses               |       |
| Prescribed Supporting Courses            |   |       |
| BI 241                                   | Human Anatomy and Physiology I  | 4     |
| BI 242                                   | Human Anatomy and Physiology II                                       | 4     |
| MK 360                                   | Principles of Marketing   | 3     |

|                    |                     |           |
|--------------------|---------------------|-----------|
| COM 410            | Layout and Design I | 3         |
| <b>Total Hours</b> |                     | <b>56</b> |