

# 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
General Education Component ( <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 or HPE 131	Beginning Swimming 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>