

# Health and Human Performance-Fitness Management Course Plan

## Catalog Year 2019-2020

### Legend

\* Major Requirement

Must be taken to fulfill major requirements.

† Major Elective

Must be taken to fulfill major requirements, or replaced with an equivalent course.

‡ Gen-Ed Requirement

Must be taken to fulfill general education requirements.

§ Elective

Can be chosen from a selection of courses.

See MyGFU for detailed academic requirements.

### First Year

#### Fall Semester

First Aid and Safety (HLTH 230) *	1 credits
Lifelong Fitness (HHPA 120) ‡	2 credits
I Believe I (THEO 101) ‡	3 credits
Knowing and Being Known (LIBA 100) ‡	3 credits
Math GE Requirement ‡	3 credits
Communication GE Requirement (COMM 100) ‡	3 credits
<b>Semester Total</b>	<b>15 credits</b>
<b>Cumulative Total</b>	<b>15 credits</b>

#### Spring Semester

General Psychology (PSYC 150) *	3 credits
History/Politics/International Affairs GE Requirement ‡	3 credits
I Believe II (THEO 102) ‡	3 credits
GE Natural Science ‡	4 credits
Elective Credit §	3 credits
<b>Semester Total</b>	<b>16 credits</b>
<b>Cumulative Total</b>	<b>31 credits</b>



## Fourth Year

### Fall Semester

Fitness Management Field Experience (HHPE 475) *	3 credits
Senior Seminar (HHPE 490) *	1 credits
HHPE Fitness Management Restricted Elective *	3 credits
Engaging Christ in Transition (LIBA 400)	