

## Health and Fitness Certificate of Completion

Required Courses:

EXSC 2500 Sports Medicine (3)

EXSC 1096 Fitness and Wellness (1)

Or

EXSC 1097 Individual Lifetime Fitness (1)

PE 1073 Circuit Training (1)

PE 1085 Weight Training (1)

HFST 1020 Foundations of Nutrition (3)

BIOL 2320 Human Anatomy (3)

BIOL 2325 Human Anatomy Lab (1)

BIOL 2420 Human Physiology (3)

BIOL 2425 Human Physiology Lab (1)

EXSC 2600 Introduction to Sports Medicine (3)

EXSC 1543 First Aid (3)

PSY 1010 (GE) Psychology (3)

DANC 1210 Yoga (1)

Or

PE 1070 Cross Training (1)

Math (GE) (3)

English (GE) (3)

Electives: A total of 3 credits from the following list. Additional activity courses could be substituted upon approval.

PE 1210 Volleyball (1)

PE 1215 Walleyball (1)

PE 1200 Basketball (1)

PE 1110 Racquetball

PE 1100 Tennis (1)

PE1125 Pickleball (1)

PE 1300 Swimming (1)

PE 1310 Paddleboard Fitness (1)

PE 1043 Zumba (1)

The following courses are recommended as a prerequisite to Human Physiology. Although not required, success in physiology is increased if these courses have been taken. Please work with your advisor to determine the necessity of taking any of these courses.

CHEM 1110 or CHEM 1210

BIOL 1610 or BIOL 2060 or BIOL 2200