

Advising Template
BA Sport and Recreation - Fitness and Wellness
23-24

Year 1

Fall Semester			Spring Semester			Summer Semester		
	FYI	6		ES #2	3			
HPER 234	Intro to Recreation	3	HPER 232	Applied Exercise Phys.	3			
HPER 108	Fitness Activities	3		ES #4	3			
	Minor Elective	3	HPER 233	Personal Health and Wellness	3			
				Minor Elective	3			
	Total Hours	15		Total Hours	15		Total Hours	0

Year 2

Fall Semester			Spring Semester			Summer Semester		
	ES #5	3		ES #7	3			
	ES #3	3		ES #8	3			
MKTG 231	Principles of Marketing	3		Minor Elective	3			
	ES #6	3	HPER 335	Administration of Sp. & Rec	3			
FCS 247	Nutrition	3	HPER 333	Leadership in Rec	3			
	Total Hours	15		Total Hours	15		Total Hours	0

Year 3

Fall Semester			Spring Semester			Summer Semester		
	ES #9	3		Capstone	3			
	ES #10	3	FCS 417	Lifespan Wellness	3			
HPER 440	Care and Prevent of Injur	3		Minor Elective	3			
			HPER 337	Rec for Diverse Pop	3			
	Minor Elective	3		Minor Elective				
	Minor Elective	3	HPER 332	Safety and First Aid	2			
	Total Hours	15		Total Hours	14		Total Hours	0

Year 4

Fall Semester			Spring Semester			Summer Semester		
HPER 437	Legal Aspects of Sport	3	HPER 342	Group Fit Instruction	3			
HPER 449	Event and Facility Mgmt	3		Minor Elective	3			
HPER 439	Biomechanics of Sports	3		Minor Elective	3			
HPER 442	Aquatics and WSI	3	HPER 490	Internship (if not summer)	4			
	Minor Elective	3	HPER 454	Principles of Personal Train.	3			
	Total Hours	15		Total Hours	16		Total Hours	0

Degree Program Total

120

