

**Advising Template**  
**LCCC Exercise Science to CSC Sport/Rec Mgmt: Fitness and Wellness Option**  
**22-23**

**Year 1 - LCCC**

Fall Semester			Spring Semester			Summer Semester		
KIN 1212	Intro to Exercise Programming	1	EDST 2420	Human Life Span Devel	3			
ENGL 1010	English Comp I	3	KIN 2135	Personal Trainer Ed I	3			
MATH 1400	College Algebra	3	HOED 1140	Nutrition	2			
STRT 1000	Strategies for Success	3	BIOL 1010	General Biology	4			
Kin 1100	Kinesiology The Science of Mov	3	CHEM 1000	Intro to Chemistry	4			
HLED 1221	Standard First Aid and Safety	2	OR CHEM 1021	General Chemistry I				
<b>Total Hours</b>		15	<b>Total Hours</b>		16	<b>Total Hours</b>		0

**Year 2 - LCCC**

Fall Semester			Spring Semester			Summer Semester		
KIN 2137	Personal Trainer Ed II	3	PEPR 2050	Prevention and Care	2			
KIN 2470	Exercise Science Practicum I	1	KIN 2471	Exer Science Practicum II	2			
COMM 2010	Public Speaking	3	HLED 1006	Personal Health	3			
PSYC 1000	General Psychology	3	THEA 1100	Beginning Acting	3			
	US/WYO Constitution	3	KIN 2450	Exer Science Internship	1			
ZOO 2010	Human Anat and Physiology	4	SOC 1000	Sociological Principles	3			
OR ZOO 2015	Human Anatomy		ZOO 2020	Human Anat and Phys II	4			
			OR ZOO 2025	Human Physiology				
<b>Total Hours</b>		17	<b>Total Hours</b>		18	<b>Total Hours</b>		0

Fall Semester			Spring Semester			Summer Semester		
HPER 108	Fitness Activities	3	HPER 333	Leadership in Recreation	3			
HPER 234	Intro to Sport and Rec Mgmt	3	HPER 335	Admin of Sport and Rec	3			
HPER 440	Care and Prevent of Injuries	3	HPER 332	Safety and First Aid	2			
HPER 442	Aquatics and WSI	3	HPER 337	Rec for Special Populations	3			
MKTG 231	Principles of Marketing	3		Minor/2nd Option	3			
<b>Total Hours</b>		15	<b>Total Hours</b>		14	<b>Total Hours</b>		0

**Year 4**

Fall Semester			Spring Semester			Summer Semester		
HPER 336	Fitness Evaluation	3	FCS 417	Lifespan Wellness	3			
HPER 449	Event and Facility Mgmt	3	HPER 454	Prin of Personal Training	3			
HPER 439	Biomechanics	3	HPER 490	Internship	3			
HPER 437	Legal Aspects of Sport	3		Minor/2nd Option	3			
				Minor/2nd Option	3			
<b>Total Hours</b>		12	<b>Total Hours</b>		15	<b>Total Hours</b>		0