

Health Fitness Instructor

B.S. Exercise Science / Physical Education

First Year		
UNI 101	Introduction to University Life	0
BIO 110	Biological Science or BIO	
	100/100L	4
CSC 150	Computer Concepts and	
	Applications or CLM 165, BAD	
	184, FIA 180, TED 170	3
ENG 101	Communication Skills I	3
ENG 102	Communication Skills II	3
HED 170	Personal & Community Health	3
HIS 100	HIS 101, HIS 102, HIS 103	3
MTH 105	Intermediate Algebra	3
PED 133	Beginning Swimming	1
PED 200	Weight Training/Conditioning	2
PED 280	Introduction to Physical	
	Education	3
EXS 170	Introduction to Exercise Science 3	
SOC 101 Introduction to Social Science		3
TOTAL		34 cr. hrs.
Second Year		
CHM 215	Chemistry	3
CHM 215L	Chemistry Lab	1
FSN 110	Science of Human Nutrition	3
HUM 210	Humanities I or MUS 301/324,	

FIA 201/207		3
HUM 211	Humanities II or ENG 207/383	3
PED 179	First Aid	2
PED 251	Modern Dance	1
PED 287	Anatomy & Physiology I	3
PED 287L	Anatomy & Physiology I Lab	1
PED 288	Anatomy & Physiology II	3
PED 288L	Anatomy & Physiology II Lab	1
PSY 215	Human Growth and	
Development		3
TOTAL		27 cr. hrs.
Third Year		
EXS 237	Care & Prevention of Athletic	
Injuries		3
EXS 363	Clinical Aspects of Aging	2
EXS 380	Stress Management	3
HRP 290	African American Health or	
Cultural Elective		3
PED 356	Kinesiology	3
PED 357	Organization & Administration of	
Physical Education		3
PED 358	Methods & Materials of	
Secondary Physical Education		3
PED 365	Adapted Physical Education	3
EXS 369	Evaluation in Physical Education3	
EXS 477	Exercise Physiology	3
EXS 477L	Exercise Physiology Lab	1

SCM 285	Principle of Speech	3
TOTAL	33 cr. hrs.	
Fourth Year		
PED 451	Sport Psychology	3
PED 300	Advanced Weight Training	2
PED 450	Motor Learning	3
	Electives	3
PED 495	Internship (Local)	3
PED 496	Internship	12
TOTAL	26 cr. hrs.	
Electives – Choose from the list below:		
INDIVIDUAL SPORT/TEAM SPORTS		
PED 158/159 Fundamentals of Physical Education		
		1
PED 204	Tennis I/ Racquetball	1
PED 206	Tennis II	1
PED 209	Bowling	1
PED 210	Golf	1
PED 212	Racquetball	1
PED 261/262 Team Sports		1
PED 271/272 Individual/Dual Sports		1
HEALTH CONTENT		
HED 368A Curriculum and Methods in Health		
	Education	3
HED 442	Safety	3
FSN 312	Nutrition for the Life Cycle	3

AQUATICS		
PED 134	Advanced Beginning Swimming 1	
PED 235	Intermediate Swimming	1
PED 325	Lifesaving	1
RHYTHMS		
PED 107	Aerobics	1
PED 108	Water Aerobics	1
PED 251	Modern Dance	1
PED 254	Jazz Dance	1