Department of Health, Physical Education & Exercise Science

HEALTH FITNESS INSTRUCTOR
Fall 2019 Admission or Later

Curriculum ID: EXE.HFI   **Total Curriculum Hours: 120**

FIRST YEAR

Semester I

Course #	Course Title	Credit Hours
BIO 100	Biological Science/ General Science	3
BIO 100L	Biological Science/ General Science Lab	1
ENG 101	College English I	3
MTH 103/105	Contemporary Math/Int. Algebra	3
PED 200 (F)	Beginning Fitness through Weight Training	2
SEM 101/101H	Spartan Seminar	1
CSC 150	Computer Literacy	3
	Total	**16**

Semester II

Course #	Course Title	Credit Hours
ENG 102	College English II	3
HED 170 (F, S)	Personal & Community Health	3
PED 133 (F, S)	Beginning Swimming	1
PED 158 (F, S)	Fundamentals of Physical Education	1
PED 170/170H (F, S)	Introduction to Physical Education	3
****XXX	Social Sciences	3
SEM 102/102H	Spartan Seminar	1
	Total	**15**

SECOND YEAR

Semester I

Course #	Course Title	Credit Hours
HUM 210/211	Humanities	3
SCI 101/	Intro. To Physical Science	3
CHM/PHY/SCI 101L	Chemistry Lab/Physical Science Lab	1
PED 107 (F, S)	Aerobics	1
PED 251 (S, F)	Modern Dance	1
PED 261/262 (F)	Team Sports I or Team Sports 2 *(PED 158)*	1
PED 287 (F)	Human Anatomy	3
PED 287L (F)	Human Anatomy Lab	1
SEM 201/201H	Spartan Seminar	1
	Total	**15**

Semester II

Course #	Course Title	Credit Hours
FSN 110 (F, S)	Science of Human Nutrition	3
PED 220/PED 220H (S)	Evaluation in PE (General Math)	3
PED 179 (F, S)	First Aid, CPR, AED	2
PED 288 (S)	Human Physiology *(PED 287)*	3
PED 288L (S)	Human Physiology Lab *(PED 287L)*	1
PSY 228	Developmental Psychology	3
	Total	**15**

Health Fitness Instructor

THIRD YEAR

<u>Semester I</u>

Course #	Course Title	Credit Hours
PED XXX	PED Electives	2
EXS 363/EXS 363H (F, S)	Clinical Aspects of Aging *(EXS 300)*	2
EXS 291 (F, S)	Care & Prevention of Athletic Injuries *(PED 287, 287L)*	3
PED 356 (F)	Kinesiology *(PED 288, PED 288L)*	3
PED 365/365H (F, S)	Adapted Physical Education *(PED 288)*	3
PED 357 (F)	Organization & Administration of PE Programs *(PED 170)*	3
	Total	16

<u>Semester II</u>

Course #	Course Title	Credit Hours
**XXX	Cultural Perspectives	3
PED 370 (S)	Secondary Physical Education Methods *(PED 365)*	3
PED 477/PED 477H (S)	Physiology of Muscle Exercise *(PED 288, PED 288L)*	3
EXS 300L (F, S)	Exercise Physiology Lab *(PED 288)*	1
EXS 292 (F, S)	Stress Management *(PED 288, PED 288L)*	3
ENG 285	Public Speaking	3
	Total	16

FOURTH YEAR

<u>Semester I</u>

Course #	Course Title	Credit Hours
PED XXX	PED Elective	1
PED 300/PED 300H (S)	Advanced Fitness through Weight Training *(PED 200)*	2
PED 450/450H (F, S)	Motor Learning *(PED 288 & PED 288L)*	3
PED 451 (S)	Sport Psychological Aspects of Sports *(PSY 210 or PSY 215)*	3
PED 495 (F, S, Su)	*Internship Experience I *(PED 300 & EXS 300L)*	3
***XXX	Cultural Perspective	3
	Total	15

<u>Semester II</u>

Course #	Course Title	Credit Hours
PED 496 (F, S, Su)	Exercise Science Internship *(all didactic course work)*	12
	Total	12

ELECTIVES – CHOOSE FROM THE LIST BELOW: +Encouraged to take these courses:

<u>Ind/Dual Sports</u>	<u>Team sports</u>	<u>Aquatics</u>
PED 204 – Tennis I (F)	+PED 158/ – Fundamentals (F, S)	PED 134 – Adv Swim (F, S)
PED 206 – Tennis II (F)	+PED 261/262 – Team SportsI/ Team Sports II (F, S)	PED 235 – Aqua Sprt & Act. (F, S)
PED 209 – Bowling (F, S)		PED 325- Lifeguard Training (S)
PED 210 – Golf (F)	<u>Health Content</u>	
	FSN 449 – Nutrition /Sports Fitness (F, S)	
PED 109 – Water Aerobics (F, S)		
PED 213-New/Wall Games (F, S)		

(Course Pre-requisites)
 Cultural Perspectives: (MUS 234, ENG 383//HIS 335/HIS 336/HRP 320 and HIS 371)
 ***Humanities:** (ENG 207/FIA 201/MUS 301)
****Social Sciences:** (SOC 101/HIS101/HIS 103/BUS 175/ECN 200)
***** PED XXX:** (Aerobics, Bowling, Dance, Golf, Lifeguard Training, Tennis, Water Aerobics, Weight Lifting)

Driver's Education Endorsement: **PED 441 Driver's Education Task Analysis**
  PED 444 Driver's Education (Practical, in Car) (PED 441)
  PED 443 Driver's Education for the Handicapped (PED 441 & 444)

Lifeguarding Certification: PED 325 (PED 133/134 and/or instructor's approval)