

## FITNESS AND HEALTH PROMOTION

Bachelor of Science  
2009-2011 Catalog

**This 4-Year Plan is only a suggested guide for planning course selections.**

Official course selections should be made with the guidance of an academic advisor and will depend on an individual student's situation. Specific information regarding majors, minors, course descriptions, policies and procedures can be found in the university catalog.

	FALL		SPRING	
YEAR I	ENG1000: Preparatory & Introductory Composition	4	IDS1600: Culture, Diversity, and Expression	4
	MTH1100: College Algebra	3	General Education Course (AP)	4
	<b>PED2250: Intro. to Fitness &amp; Health Promotion</b>	2	<b>PED2500-02: Prev. &amp; Care of Athletic Injuries</b>	3
	PED1410: CV Training Inside & Out	2	General Education Course (AP)	4
	BIO1210: Biology of Cells (ONW)	4		
	<b>Total Semester Hours</b>	<b>15</b>	<b>Total Semester Hours</b>	<b>15</b>
YEAR II	ENG2010: Composition II	4	IDS2000: Wellness and Social Responsibility	4
	<b>BIO2660: Anatomy &amp; Physiology I</b>	4	<b>BIO2670: Anatomy &amp; Physiology II</b>	4
	<b>PED2120: Fitness Prog. for Child &amp; Youth</b>	2	<b>CHM1200: Principles of Chemistry (ONW)</b>	4
	BUS2010: Legal Environment of Business	3	PED1420: Step and Train	2
	ACC2010: Foundations of Financial Acc.	3	PED2080: First Aid/CPR	2
	<b>Total Semester Hours</b>	<b>16</b>	<b>Total Semester Hours</b>	<b>16</b>
YEAR III	ACC2020: Management Accounting	3	<b>BIO3080: Nutrition and Health Promotion</b>	4
	ECN2010: Principles of Microeconomics (KO-A)	3	<b>PED3250: Exercise Principles &amp; Assessment *</b>	4
	<b>PED3200: Kinesiology</b>	3	<b>PED2550: Adv. Strength Training</b>	3
	General Education Course (KO-B)	4	<b>PED3220: Physiology of Exercise</b>	3
	<b>PED4370: Facilities and Special Events</b>	3	<b>SWK3300: Community Org. &amp; Social Service</b>	3
	<b>Total Semester Hours</b>	<b>16</b>	<b>Total Semester Hours</b>	<b>17</b>
YEAR IV	ECN2020: Principles of Macroeconomics	3	PED4250: Internship	6
	BUS3200WI: Principles of Management (WI)	3	PED4940: YMCA Internship	3
	BUS2300: Principles of Marketing	3	PED4830: Principles and Practices in the YMCA (Directed Study)	3
	<b>PED3300: Fitness Instructor Preparation</b>	3	<b>PED3040: Sports Management</b>	3
	<b>PED4100: Admin. of Physical Education</b>	3		
	<b>Total Semester Hours</b>	<b>15</b>	<b>Total Semester Hours</b>	<b>15</b>

NOTES	NOTES
KO = Knowing Ourselves and Others A and B (8 hrs) ONW = Our Natural World (8 hrs) AP = Aesthetic and Philosophical Expression A and B (8 hrs)	Student must complete 30 semester hours at the 3000 level or above, of which 15 semester hours must be completed at Aurora University.
* Indicates the course must be applied for 1 year in advance	Last 24 semester hours of degree must be completed at Aurora University, including at least 18 semester hours in the major.
Courses in <b>bold</b> must be taken during the semester indicated	WI indicates the required 3000-level Writing Intensive course for the major.
Courses in <b>bold and italics</b> must be taken year and semester indicated	

If you have questions about this major, contact **Kate Madden Male** in the Crouse Center for Student Success at (630) 844-6870.

