

## FITNESS AND HEALTH PROMOTION

Bachelor of Sciences  
2006-2008 Catalog

		FALL	SPRING		
YEAR I	ENG1000: Prep & Intro Composition or Composition 1	ENG1010:	4/2	ENG1020: Composition II	4
	MTH1100: College Algebra		3	IDS1600: Culture, Diversity, & Expression	4
	PSY1100: General Psychology		4	PED2500: Prevention and Care of Athletic Injuries (must take section 02)	3
	BIO1210: Biology Cells		4	BUS2010: Legal Environment of Business	3
	General Education Course		4	PED2080: First Aid/CPR	2
	<b>Total Semester Hours</b>		<b>17/19</b>	<b>Total Semester Hours</b>	<b>16</b>
YEAR II	IDS2000: Wellness & Social Responsibility		4	ACC2010: Foundations of Financial Accounting	3
	<b>BIO2660: Anatomy and Physiology I</b>		4	<b>BIO2670: Anatomy and Physiology II</b>	4
	<b>PED2120: Fitness Programs for Children and Youth</b>		2	<b>CHM1200: Principles of Chemistry</b>	4
	<b>PED2250: Introduction to Fitness and Health Promotion</b>		2	General Education Course	4
	PED1410: Cardiovascular Training Inside and Out		2	PED1420: Step and Train	2
	<b>PED3040: Sports Management</b>		3		
<b>Total Semester Hours</b>		<b>17</b>	<b>Total Semester Hours</b>	<b>17</b>	
YEAR III	ACC2020: Management Accounting		3	BIO3080: Nutrition and Health Promotion (WI)	4
	ECN2010: Foundations of Microeconomics		3	<b>* PED3250: Exercise Principles and Assessment</b>	4
	PED3200: Kinesiology		3	<b>PED2550: Advanced Strength Training and Conditioning: Certification Preparation</b>	3
	General Education Course		4	<b>PED3220: Physiology of Exercise</b>	3
	<b>PED4370: Facilities and Special Events</b>		3	<b>SWK3300: Community Organization and Social Service</b>	3
	<b>Total Semester Hours</b>		<b>16</b>	<b>Total Semester Hours</b>	<b>17</b>
YEAR IV	ECN2020: Foundations of Macroeconomics		3	PED4250: Internship	6
	BUS3200: Foundations of Management		3	PED4940: YMCA Internship	3
	BUS3300: Foundations of Marketing		3	PED4830: Principles and Practices in the YMCA (directed study)	3
	<b>PED3300: Fitness Instructor Preparation</b>		3		
	<b>PED4100: Administration of Physical Education</b>		3		
	<b>Total Semester Hours</b>		<b>15</b>	<b>Total Semester Hours</b>	<b>12</b>

NOTES
-Courses in <b>bold</b> must be taken during semester indicated
-Courses in <b>bold</b> and <i>italics</i> must be taken during year and semester indicated
* Indicates the course must be applied for 1 year in advance -WI indicates the required 3000-level Writing Intensive course for the major.

NOTES
-Student must complete 30 semester hours at the 3000 level or above, of which 15 semester hours must be completed at Aurora University.
-Last 24 semester hours of degree must be completed at Aurora University, including at least 18 semester hours in the major.

This 4-Year Plan should be used as a suggested guide for planning course selections.  
Official course selections should be made with the guidance of an academic advisor;  
other information regarding majors, minors, course descriptions, policies and procedures can be found in the university catalog.

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

