

Health and Fitness Education - AA Program Planning Sheet

Student Name: _____

Catalog Year: 2000-2001

Soc. Sec. Number: _____

GENERAL EDUCATION CORE

Course Number	General Education Core	Credits Required	Credits Earned	Planning
ENGL 101	Introduction to Composition I	3		
ENGL 102	Introduction to Composition II	3		
Arts & Humanities	Literature Core Course	3		
	Fine Arts Core Course	3		
	SPCH 105 Fundamentals of Public Speaking	3		
History	History Core Course	3		
SOCI 101	Introduction to Sociology	3		
PSYC 101	Introduction to Psychology	3		
BIOL 101	General Biology I	4		
BIOL 203	Anatomy and Physiology I	4		
Mathematics	MATH 122 or higher	3-5		
Interdisciplinary	Interdisciplinary & Emerging Issues Core Course	1-3		
Total Core Credits – General Education Core credits in excess of 36 will transfer as general electives or courses related to the major. Total general education and required courses must equal at least 60 semester hours of credit.				

REQUIRED COURSES RELATED TO MAJOR

Course Number	Required Course	Credits Required	Credits Earned	Planning
BIOL 204	Anatomy and Physiology II	4		
HEED 112	First Aid and Safety	3		
HEED-115	Personal and Community Health	3		
HEED 210	Foundations of Health Education and Health Behavior	3		
HEED 211	Nutrition	3		
HEED 213	Stress Management	3		
HEED	Health Electives (Select from HEED 113, HEED 150, HEED 160, HEED 120, HEED 121, HEED 200 or HEED 212)	6		

Students in this program must meet with an advisor regularly and maintain current information regarding the policies of the institutions to which they intend to transfer. This is especially important for students planning to major in Physical Education or Kinesiology.

NOTES:

Developmental Courses: _____

Advisor: _____ Date: _____ GPA: _____