

**Health and Fitness Education
Personal Fitness Trainer - Letter of Recognition
Program Planning Sheet**

Student Name: _____

Catalog Year: 2001-2002

Soc. Sec. Number: _____

LETTER OF RECOGNITION REQUIREMENTS

Course Number	Required Course	Credits Required	Credits Earned	Planning
HEED 109	Basic First Aid	2		
HEED 200	Health/Fitness Leader	3		
HEED 211	Nutrition	3		
HEED 210 OR HEED 213	Foundations of Health Education and Health Behavior OR Stress Management	3		

NOTES:

Advisor: _____

Date: _____

GPA: _____