

Health and Fitness Education - AA Program Planning Sheet

Student Name: _____

Catalog Year: 1998-1999

Soc. Sec. Number: _____

GENERAL EDUCATION CORE

Course Number	General Education Core	Credits Required	Credits Earned	Planning
EG 101	Introduction to Composition I	3		
EG 102	Introduction to Composition II	3		
Literature	Literature Core Course	3		
Fine Arts	Fine Arts Core Course	3		
SH 105	Fundamentals of Public Speaking	3		
History	History Core Course	3		
SO 101	Introduction to Sociology	3		
PY 101	Introduction to Psychology	3		
BY 101	General Biology I	4		
BY 203	Anatomy and Physiology I	4		
Mathematics	MA 122 or higher	3-5		
HE 200	Health/Fitness Leader	3		
Total Core Credits - minimum of 36 required for degree completion				

REQUIRED COURSES RELATED TO MAJOR

Course Number	Required Course	Credits Required	Credits Earned	Planning
BY 204	Anatomy and Physiology II	4		
HE 111	Introduction to Health Education	3		
HE 112	First Aid and Safety	3		
HE 211	Nutrition	3		
HE 213	Stress Management	3		
Health	Health Electives (Select from HE 113, HE 115, HE 120, HE 121, HE 160, or HE 212)	9		

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: _____