

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

Student Name: _____

Catalog Year: 1998-1999

Soc. Sec. Number: _____

LETTER OF RECOGNITION REQUIREMENTS

Course Number	Required Course	Credits Required	Credits Earned	Planning
HE 109	Basic First Aid	2		
HE 200	Health/Fitness Leader	3		
HE 211	Nutrition	3		
HE 111 <u>OR</u>	Introduction to Health Education <u>OR</u>			
HE 213	Stress Management	3		

NOTES:

Advisor: _____

Date: _____

GPA: _____