

Health and Fitness Education - AA Program Planning Sheet

Student Name: _____

Catalog Year: 1999-2000

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		
Literature	Literature Core Course	3		
Fine Arts	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		
HEED 200	Health/Fitness Leader	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 111	Introduction to Health Education	3		
HEED 112	First Aid and Safety	3		
HEED 211	Nutrition	3		
HEED 213	Stress Management	3		
Health	Health Electives (Select from HEED 113, HEED 115, HEED 120, HEED 121, HEED 160, or HEED 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: _____