

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

Student Name: _____

Catalog Year: 1999-2000

Soc. Sec. Number: _____

LETTER OF RECOGNITION REQUIREMENTS

Course Number	Required Course	Credits Required	Credits Earned	Planning
HEED 109	Basic First Aid	2		
HEED200	Health/Fitness Leader	3		
HEED 211	Nutrition	3		
HEED 111 <u>OR</u>	Introduction to Health Education <u>OR</u>	3		
HEED 213	Stress Management	3		

NOTES:

Advisor: _____

Date: _____

GPA: _____