

COURSE SEQUENCE
Fitness and Health Promotion

Freshman Year

<u>Fall</u>	<u>Class</u>	Grade	_____	<u>Spring</u>	<u>Class</u>	Grade	_____
UCCA 101	Communication Arts I	4	_____	UCCA 102	Communication Arts II	4	_____
UCCP 101	Cultural Perspectives I	4	_____	UCCP 102	Cultural Perspectives II	4	_____
UCFH 120	Concepts	2	_____	PSYC 101	General Psychology	4	_____
MATH 150	Precalculus	4	_____		History 200, 217, or 218	4	_____
	Fine Arts	2	_____		PHED Activity	1	_____
	Credits	16			Credits	17	

Sophomore Year

<u>Fall</u>	<u>Class</u>	Grade	_____	<u>Spring</u>	<u>Class</u>	Grade	_____
BIOL 217	Human Anatomy	4	_____	BIOL 218	Human Physiology	4	_____
ESSM 141	Intro ESSM & Tech.	4	_____	CHEM 108	General Chemistry	3	_____
ESSM 231	Personal & Comm. Health	4	_____	CHEM 109	Chemistry Lab	1	_____
ESSM 232	Prevention & Care	4	_____	ESSM 241	First Aid & CPR	2	_____
PHED 109	Strength Train-Phys.Cond	1	_____	MATH 210	Elementary Statistics	4	_____
	Credits	17		UCBP 101	Biblical Perspectives I	4	_____
					Credits	18	

Junior Year

<u>Fall</u>	<u>Class</u>	Grade	_____	<u>Spring</u>	<u>Class</u>	Grade	_____
ESSM 216	Personal Nutrition	4	_____	ESSM 230	Health Fitness Application	4	_____
ESSM 322W	Motor Development	4	_____	ESSM 340	Practicum FHPR	2	_____
ESSM 340	Practicum FHPR	2	_____	ESSM 337	Strategies Prog. Planning	4	_____
ESSM 473	Exercise Physiology	4	_____	ESSM 476	Anatomy & Kinesiology	4	_____
ESSM 477	Sports Nutrition	4	_____	ESSM 478	Sport Psychology	4	_____
	Credits	18			Credits	18	

Senior Year

<u>Fall</u>	<u>Class</u>	Grade	_____	<u>Spring</u>	<u>Class</u>	Grade	_____
ESSM 335(433)	Health Fitness Mgmt.	4	_____	PSYC 205	Life-span Development	4	_____
ESSM 339	Adolescent & Senior Adult	4	_____	ESSM 340	Practicum FHPR	4	_____
ESSM 420W	Tests & Measurements	4	_____	ESSM 460	Health Promotion	4	_____
ESSM 490	Adv. Exercise Physiology	4	_____	ESSM 499W	Senior Seminar ESSM	2	_____
ESSM 498W	Research Methods	2	_____		Credits	14	
	Credits	18					