

BHS: Wellness (Fitness Emphasis)

Suggested Schedule

<i>Fall Semester</i>	FRESHMAN	Credits	<i>Spring Semester</i>	FRESHMAN	Credits
BIOL221	Anatomy & Physiology I	4	BIOL222	Anatomy & Physiology II	4
BIOL221 L	A & P I Lab	0	BIOL222L	Anatomy & Physiology Lab	0
ENGL 115	English Composition I	3	ENGL 215	English Comp II	3
RELT 100	God & Human Life	3	BHSC100	Philosophy of Service	2
HLED 120	Fit for Life	1	PHTH120	Intro to Physical Therapy	2
HIST 117	Civilizations & Ideas I	3	COMM104	Communication Skills	3
<i>FTES activity</i>	_____	<u>1</u>	FTES 214	Weight Training & Conditioning (for Women or Men)	<u>1</u>
	Total credits	15		Total credits	15
<i>Fall Semester</i>	SOPHOMORE	Credits	<i>Spring Semester</i>	SOPHOMORE	Credits
CHEM110	Intro to Organic & Inorganic Ch.	4	BCHM120	Intro to Biochemistry	4
CHEM110 L	Lab	0	BCHM120L	Lab	0
FDNT 230	Nutrition	3	PSYC 101	Intro to Psychology	3
MUHL 214 *	Enjoyment of Music *	3	INFS 120	Foundations of IT	3
HLED210	Philosophy of Health	3	INFS 120	Foundations of IT Lab	0
MLSC110	Medical Terminology	1	MATH _____	GE Math Requirement	3
FTES 205	Fitness Conditioning	<u>1</u>	RELT250	Personal Spirituality & Faith	<u>3</u>
	Total credits	15		Total credits	16
<i>Fall Semester</i>	JUNIOR	Credits	<i>Spring Semester</i>	JUNIOR	Credits
FTES 305	Current Concepts and Apps	3	FTES 465	Exercise Physiology	4
RELB210	Jesus in His Time and Ours	3	FTES 465 L	Exercise Physiology	0
FTES325	Sports Nutrition	3	FTES 355	Methods of Fitness Instruction	3
PHYS141	General Physics 1	4	PHYS142	General Physics II	4
PHYS141 L	General Physics Lab	0	PHYS142 L	General Physics II Lab	0
PSYC301	Human Development & Lifespan	<u>3</u>	<i>FTES activity</i>	_____	1
	Total credits	16	<i>General Elective</i>	_____	<u>3</u>
				Total credits	15
<i>May Express</i>	Summer before last year	Credits			
GSEM 648 (HLED380)	Workshop: Natural Remedies **	<u>3</u>			
	Total credits	3			
<i>Fall Semester</i>	SENIOR	Credits	<i>Spring Semester</i>	SENIOR	Credits
FDNT 448	Nutrition & Wellness	3	FDNT 460	Seminar: EG White	1
RELT340	Religion & Ethics in Mod Society	3	HLED 445	Consumer Health	2
FTES 475	Kinesiology	3	HLED 480	Wellness Programs	3
FTES 495	Independent Study	1	FTES410	Issues in Exercise Studies	2
<i>General Elective</i>	_____	3	<i>General Elective</i>	_____	3
<i>General Elective</i>	_____	<u>1</u>	<i>General Elective</i>	_____	<u>3</u>
	Total credits	14		Total credits	15
				CREDIT TOTAL - 124	

*May be substituted with the following classes: PHTO210, ENGL255, PHIL224, a course in Studio Art, or 3 credits in Ensemble Music.

**May be substituted with NRS466 (spring semester)