

**Health & Exercise Science Major**  
***Health & Fitness Concentration***  
**Suggested four-year program of study**

***First Year***

BIBL Bible	3	IDCR 151 Created & Called for Comm.	3
IDFY 101 First Year Seminar	3	HIST XXX History	3
BIOL 185 Human A&P (I)	4	BIOL 186 Human A&P (II)	4
HEXS 101 Intro. To H & ES	1	COMM 104/106 Communication	3
PSYC 101 Intro. To Psychology	3	Minor Elective	2
Language I	3	HPED 170 Concepts of Conditioning	1
	<b>17</b>		<b>16</b>

***Sophomore Year***

Minor Elective	3	Language II	3
MATH XXX Mathematics	3	HEXS 225 Research Meth & Stat.	3
PHED Activity Elective	1	BIOL 189 Genetics	3
HEXS 220 Health Prom. Mgmt.	3	Christian Beliefs	3
CHEM 105 General Chemistry	3	HPED 322 Exercise Physiology	3
IDSB XXX Non-Western	3	HPED EWS/WSI/LG	1-2
	<b>16</b>		<b>16-17</b>

***Junior Year***

ENG XXX Literature	3	PHIL/RELI XXX Gen Ed.	3
HEXS XXX Elective	3	Cross Cultural	3
HEXS 215 Chron. Disease & Exer.	3	HEXS Elective	3
HPED 321 Kinesiology	3	Minor Elective	3
ARTS XXX Gen Ed.	3	HPED 195 First Aid/CPR	1
	<b>15</b>		<b>13</b>

***Senior Year***

HPED 329 Sport & Society	3	HEXS 412 Senior Seminar	3
HEXS 360 Exer. Test & Prescript.	3	HPED 423 Principles of Admin.	3
PSYC 310 or GERO 251 or PSYC 311	3	INT 394 Internship	6
Minor Elective	3		
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	<b>15</b>		<b>12</b>