

**Major: HEALTH AND WELLNESS MAJOR**

Student's Last Name

First Name

Middle Initial

Advisor

Date Major Declared

Course #	Title of Course	Hours Required	Semester Completed	Grade
<b>Required Courses (38 hrs):</b>				
HES 101	Intro to Exercise Science	1		
HES 104	First Aid/CPR	1		
HES 204	Fitness and Wellness Concepts	3		
HES 220	Sports in Social Science	2		
HES/PSY 231	Sports Psychology	3		
HES 232	Care and Prevention of Athletic Injuries	3		
HES 251	Introduction to Nutrition	3		
HES 342	Exercise Prescription	3		
HES 309	History and Philosophy of PE	2		
HES 321	Kinesiology	3		
HES 340	Exercise Physiology	3		
HES 405	Test and Measurement	2		
HES 406	Management in PE	2		
PEDA	3- PED activity courses (in different areas)			
	1.	1		
	2.	1		
	3.	1		
ITS 398/399	Capstone	3		
NSC 210	Anatomy and Physiology I	4		
<b>Electives (3 hrs choose one course from the list below)</b>				
HES 205	Stress Management	3		
HES/EDU 207	School Health, PE & Safety in Elementary	3		
HES 240	Introduction to Global Public Health	3		
HES 350	Theories of Adapted Physical Education	3		
HES/WGS 355	Women's Health Issues	3		
HES 357	Community Nutrition	3		
PSY 301	Human Sexual Behavior	3		
PSY 330	Addictive Disorders	3		
<b>TOTAL HOURS FOR MAJOR</b>		<b>41 hrs</b>		

If any substitutions or waivers of requirements are allowed, please list below and initial.

Advisor Signature: \_\_\_\_\_ Department Chair Signature: \_\_\_\_\_