

SAMPLE PLAN FOR: WELLNESS AND CORPORATE FITNESS

FRESHMAN YEAR (beginning even year)

AH110 Writing the Self	3	AH120 Writing the World	3
CA111 Fund of Oral Communication	3	ES121 Foundations of HPE & Sport (S)	3
ES125 Personal & Comm Health (F)	3	ES130 Fitness for Life	2
FS101 First Year Seminar	3	OR	
SO120 Life in Society	<u>3</u>	Physical Activity	
	15	ES234 Community 1 st Aid & CPR	1
		ES237 Recreation for Special Pop (S)	3
		Open Electives	<u>3</u>
			15

SOPHOMORE YEAR

AH220 Global Civilization	3	(a)ES340 Nutrition	2
BI229 Human Anatomy & Physio (F)	4	IT102,103,104 Computer Proficiency	3
Any Art course OR MU110	3	Math, Statistics or ES256	3
200-level Religion, except RL250	3	Physical Science	4
Open Electives	<u>2</u>	Social Science	<u>3</u>
	15		15

JUNIOR YEAR

ES355 Exercise Physiology (F)	3	(a)ES330 Pharmacology	2
(a)SW340 Health Care Issues	3	ES357 Muscle Structure/Function (S)	2
(a)WE390 Intro to Wellness Program	3	WE397 Field Experience	3
Open Electives	<u>6</u>	Open Electives	<u>8</u>
	15		15

SENIOR YEAR

EN220 Topics in Literature	3	WE491 Internship	3
(a)WE490 Adv Wellness Program	3	Open Electives	<u>12</u>
Open Electives	<u>9</u>		15
	15		

Total Hours: 120

Note: (F) means the course is usually offered only in the fall semester. (S) means the course is usually offered only in the spring semester. (a) means the course is offered in alternate years.

Note: See college catalog for list of Physical Activity courses.