



northern *State* university

**Bachelor of Science in in Human Performance and Fitness, Emphasis in Personal Training/Strength and Conditioning
Pre-Physical Therapy /Pre-Occupational Therapy
Plan of Study**

First Year Fall	
Course	Credit
IDL 190, Freshman Seminar	2
SPCM 101, Fundamentals of Speech*	3
PE 180, Foundations of HPER	2
WEL 100/L, Wellness for Life	2
MATH 102/L, College Algebra*	3-4
ENGL 101, Composition I	3
	15-16

First Year Spring	
Course	Credit
ENGL 201, Composition II	3
ARTH 100, Art Appreciation*	3
HIST 122, Western Civilization II*	3
PSYC 101, General Psychology*	3
PE 200, Professional Preparation: Fitness	1
PE 202, Professional Preparation: Individual and Dual Activities	2
	15

Second Year Fall	
Course	Credit
BIOL 151/L, General Biology I^	4
SOC 100, Introduction to Sociology*	3
PE 352, Adapted Physical Education	3
PE 203, Professional Preparation: Team	1
CHEM 112/L, General Chemistry I^	4
	15

Second Year Spring	
Course	Credit
BIOL 153/L, General Biology II^	4
HLTH 251, First Aid and CPR	1
BADM 457, Business Ethics*	3
PE 334, Behavior and Social Science Issues in PE	2
CHEM 114/L, General Chemistry II^	4
PE 100, Activity Course: Weight Training	1
	15

Third Year Fall	
Course	Credit
BIOL 345, Biological Statistics*	3
PSYC 451, Psychology of Abnormal Behavior^	3
PE 354/L, Prevention and Care of Athletic Injuries	3
BIOL 221/L, Human Anatomy^	4
HLTH 422, Nutrition	3
	16

Third Year Spring	
Course	Credit
HLTH 320, Community Health	3
PE 440, Organization and Administration of HPER/A	3
PSYC 221, Lifespan Development^	3
PE 452, Motor Learning & Development	3
	12

Fourth Year Fall	
Course	Credit
PE 395, Practicum	3
PE 451, Tests and Measurements	2
PE 400, Exercise Test and Prescription	3
BIOL 325/L, Physiology^	4
PHYS 111/L, Introduction to Physics I^	4
	16

Fourth Year Spring	
Course	Credit
PE 482, Theory of Strength Training and Conditioning	3
PE 454, Biomechanics	3
PHYS 113/L, Introduction to Physics II^	4
PE 496, Field Experience	3
PE 457, Exercise Psychology	3
	16

*Fulfills a General Education Requirement. Other course options may be available. **Fulfills a major requirement. Other course options may be available. ***Fulfills a general elective. Other course options may be available. ^Recommended courses based on professional program. Other options may be available or suggested. This plan of study is not an official document. Depending on placement scores, developmental courses may be required. Course rotations may change. Please visit with a professional advisor at least once a semester to review appropriate course choices and plan updates.