



northern *State* university

**Bachelor of Science in in Human Performance and Fitness, Emphasis in Health & Fitness for Older Adults  
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
GEOG 131/L, Physical Geography: Weather*	4
	16

Second Year Fall	
Course	Credit
BIOL 211/L, Environmental Biology*	3
SOC 100, Introduction to Sociology*	3
BADM 220, Business Statistics*	3
PE 203, Professional Preparation: Team	1
HLTH 103, Personal Health	2
Elective or Minor Course	3
	15

Second Year Spring	
Course	Credit
PE 200, Professional Preparation: Fitness	1
PE 202, Professional Preparation: Individual and Dual Activities	2
HLTH 251, First Aid and CPR	1
Additional Math or Science Course	3
PE 334, Behavior and Social Science Issues in PE	2
Elective or Minor Course	3
Elective or Minor Course	3
	15

Third Year Fall	
Course	Credit
PE 250/250L, Human Anatomy and Physiology	4
PE 352, Adapted Physical Education	3
PE 354/L, Prevention & Care of Athletic Injuries	3
PSYC 328, Psychology of Adulthood and Aging	3
Elective or Minor Course	3
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Third Year Spring	
Course	Credit
PE 350, Exercise Physiology	3
HLTH 320, Community Health	3
PE 440, Organization and Administration of HPER/A	3
BADM 457, Business Ethics*	3
Elective or Minor Course	3
	15

Fourth Year Fall	
Course	Credit
PE 395, Practicum	3
PE 451, Tests and Measurements	2
PE 400, Exercise Test and Prescription	3
HLTH 240, Health and Fitness for Older Adults	3
Elective or Minor Course	3
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Fourth Year Spring	
Course	Credit
SOC 458, Sociology of Aging	3
PE 454, Biomechanics	3
PE 452, Motor Learning and Development	3
PE 496, Field Experience	3
PE 457, Exercise Psychology	3
	15

**Suggested Double Majors:** Biology, PE, Psychology

**Suggested Minors:** Business, Coaching, Health, Marketing, Psychology, Sport Management

**Possible Professional Programs:** pre-Physical Therapy/pre-Occupational Therapy endorsement

\*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. 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.