



northern *State* university

**Bachelor of Science in Human Performance and Fitness, Emphasis in Fitness Administration
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
HLTH 100/L, Wellness for Life	2
MATH 114/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
ECON 201, Principles of Microeconomics	3
BADM 220, Business Statistics	3
PE 203, Professional Preparation: Team	1
BADM 360, Organization and Management	3
Elective or Minor Course	3
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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/L, Human Anatomy and Physiology	4
PE 352, Adapted Physical Education	3
PE 354/L, Prevention & Care of Athletic Injuries	3
ACCT 210, Principles of Accounting I	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
ACCT 211, Principles of Accounting II	3
	15

Fourth Year Fall	
Course	Credit
PE 395, Practicum	3
PE 451, Tests and Measurements	2
PE 400, Exercise Test and Prescription	3
BADM 310, Personal Finance	3
Elective or Minor Course	3
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Fourth Year Spring	
Course	Credit
BADM 350, Legal Environment of Business	3
PE 454, Biomechanics	3
PE 452, Motor Learning and Development	3
PE 457, Exercise Psychology	3
Elective or Minor Course	3
	15

Suggested 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.