



northern *State* university

**Bachelor of Science in in Human Performance and Fitness, Emphasis in Personal Training/Strength and Conditioning
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
PE 200, Professional Preparation: Fitness	1
PE 202, Professional Preparation: Individual and Dual Activities	2
	15

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 334, Behavior and Social Science Issues in PE	2
HLTH 251, First Aid and CPR	1
BIOL 101/L, Survey of Biology	3
PE 354/L, Prevention and Care of Athletic Injuries	3
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
Additional Math or Science course	3
Elective or Minor Course	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
PE 100, Activity Course: Weight Training	1
Elective or Minor Course	3
	16

Fourth Year Fall	
Course	Credit
PE 395, Practicum	3
PE 451, Tests and Measurements	2
PE 400, Exercise Test and Prescription	3
HLTH 422, Nutrition	3
Elective or Minor Course	3
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Fourth Year Spring	
Course	Credit
PE 482, Theory of Strength Training and Conditioning	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.