### General Education (40-41 Credits)

**Building a Sense of Community**  
UNI 100: First Year Seminar (1 credit)

**Composition**  
ENG 101: Composition I (3 credits)

**Public Speaking**  
Any Oral Communication Course (3 credits)

**Mathematics and Quantitative Literacy**  
Any Mathematics and Quantitative Literacy Course (3 credits)

**Health and Wellness**  
*HSC 115: Current Health Issues (3 credits)

**Technological Literacy**  
Any Technological Literacy Course (3 credits)

**Humanities**  
Any Humanities Course (3 credits)

**Fine Arts**  
Any Fine Arts Course (3 credits)

**Natural Sciences**  
*HSC 110: Human Anatomy and Physiology I (4 credits)

**Social Sciences**  
Any Social Science Course (3 credits)

**General Education Options (12 credits)**  
*HSC 120: Human Anatomy and Physiology II (4 credits)  
SPT 305: Ethics in Sport (3 credits)  
Any General Education Options Course (3 credits)  
Any General Education Options Course (3 credits)

* Pending approval from GE and UCC.

### Additional Requirements

(Not counted toward the General Education requirements)

**Special Experience Course (1 course required)**  
*FIT 410: Wellness Seminar II

**Upper-Division Writing Component Courses (2 courses required)**  
*FIT 425: Evaluating Research in Fitness and Wellness  
*FIT 430: Application of Fitness and Wellness Research

**Laboratory Course (1 course required)**  
*HSC 120: Human Anatomy and Physiology II

### Program Requirements

**Required Major Courses (45 credits)**  
FIT 100: Intro to Fitness (3 credits)  
FIT 125: Fundamentals of Speed Training (3 credits)  
FIT 250: Current Topics and Strategies for Youth Fitness (3 credits)  
FIT 300: Business Aspects of Fitness (3 credits)  
FIT 305: Motivational Strategies in Wellness and Fitness (3 credits)  
FIT 325: Integrated Personal Fitness Training (3 credits)  
FIT 335: Integrated Personal Fitness Program Design (3 credits)  
FIT 350: Fitness for Special Populations (3 credits)  
FT 380: Wellness and Fitness for the Aging Population (3 credits)  
FIT 401: Leadership Concepts and Actions in Wellness and Fitness (3 credits)  
FIT 405: Wellness Seminar I (3 credits)  
FIT 410: Wellness Seminar II (3 credits)  
FIT 420: Contemporary Issues in Fitness (3 credits)  
FIT 425: Evaluating Research in Fitness and Wellness (3 credits)  
FIT 430: Application of Fitness and Wellness Research (3 credits)

**Required Related Courses (15 credits)**  
SPT 300: Psychology of Sport (3 credits)  
SPT 400: Legal Aspects of Sport (3 credits)  
ATE 340: Sports Nutrition (3 credits)  
HSC 275: Functional Kinesiology  
HSC 325: Physiology of Exercise

**Free Electives (19 credits)**

**Program Note:**  
* Students must pass all major coursework with a “C-” or better.  
* Students must earn a cumulative GPA of 2.50 or higher to graduate.

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**California University of Pennsylvania**  
Bachelor of Science  
College of Education and Human Services  
Major: Sport Management Studies  
Major Code: 9530  
Credits Required: 120  
Concentration: 9532 Wellness and Fitness  
Required Minor:  
Required Minor Code:

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Updated: 6 November 2012
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<tr>
<th>Semester 1 Fall, Year 1</th>
<th>Semester 2 Spring, Year 1</th>
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<tbody>
<tr>
<td>FIT 100 Intro to Fitness</td>
<td>ATE 340 Sports Nutrition</td>
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<tr>
<td>HSC 110 Anatomy and Physiology I</td>
<td>HSC 120 Anatomy and Physiology II</td>
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<td>FIT 125 Fund. of Speed Training</td>
<td>HSC 115 Current Health Issues</td>
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<tr>
<td>SPT 300 Psychology of Sport</td>
<td>SPT 305 Ethics in Sport</td>
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<tr>
<th>Semester 3 Summer, Year 1</th>
<th>Semester 5 Spring, Year 2</th>
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<tbody>
<tr>
<td>General Education or Electives</td>
<td>FIT 325 Integrated Personal Fitness Training</td>
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<tr>
<th>Semester 4 Fall, Year 2</th>
<th>Semester 6 Summer, Year 2</th>
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<tbody>
<tr>
<td>HSC 275 Functional Kinesiology</td>
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<tr>
<td>FIT 300 Business Aspects of Fitness</td>
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<td>FIT 305 Motivational Strategies in Wellness and Fitness</td>
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<td>SPT 400 Legal Aspects of Sport</td>
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<tr>
<td>FIT 425 Evaluating Research in Fitness and Wellness</td>
<td>Fitness for Special Populations</td>
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<tr>
<td>FIT 430 Applications of Research in Fitness and Wellness</td>
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<tr>
<td>FIT 405 Wellness Seminar I</td>
<td>FIT 410 Wellness Seminar II</td>
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<tr>
<td>FIT 380 Wellness and Fitness for the Aging Population</td>
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<th>Semester 9 Summer, Year</th>
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