Department of Exercise Science and Sport Studies
Sport Management Studies-Wellness and Fitness Concentration
Spring Start Sequence

Semester 1 Spring, Year 1
- ATE 340 Sports Nutrition (3 cr)
- HSC 110 Anatomy and Physiology I (4 cr)
- HSC 115 Current Health Issues (3 cr)
- SPT 305 Ethics in Sport (3 cr)

Semester 2 Summer, Year 1
- FIT 100 Intro to Fitness (3 cr)
- HSC 120 Anatomy and Physiology II (4 cr)
- FIT 125 Fund. of Speed Training (3 cr)
- SPT 300 Psychology of Sport (3 cr)

Semester 3 Fall, Year 1
- HSC 275 Functional Kinesiology (3 cr)
- FIT 300 Business Aspects of Fitness (3 cr)
- FIT 305 Motivational Strategies in Wellness and Fitness (3 cr)
- SPT 400 Legal Aspects of Sport (3 cr)

Semester 4 Spring, Year 2
- FIT 325 Integrated Personal Fitness Training (3 cr)
- HSC 325 Physiology of Exercise (3 cr)
- FIT 335 Integrated Personal Fitness Program Design (3 cr)
- FIT 250 Current Topics and Strategies for Youth Fitness (3 cr)

Semester 5 Summer, Year 2
- General Education or Electives (12-18 cr)

Semester 6 Fall, Year 2
- FIT 425 Evaluating Research in Fitness and Wellness (3 cr)
- FIT 430 Applications of Research in Fitness and Wellness (3 cr)
- FIT 405 Wellness Seminar I (3 cr)
- FIT 380 Wellness and Fitness for the Aging Population (3 cr)

Semester 7 Spring, Year 3
- FIT 350 Fitness for Special Populations (3 cr)
- FIT 410 Wellness Seminar II (3 cr)
- FIT 401 Leadership Concepts and Actions in Wellness and Fit (3 cr)
- FIT 420 Contemporary Issues in Wellness and Fitness (3 cr)

Semester 8 Summer, Year 3
- General Education or Electives (12-18 cr)

Semester 9 Fall, Year 3
- General Education or Electives (12-18 cr)