

California University of Pennsylvania
Department of Health Science and Sport Studies
BS in Sport Management-Wellness and Fitness
15 Term Course Sequence

Summer Session I-Year One

UNI 100	First Year Seminar	1 Credit
	General Education Course	3 Credits

Summer Session II-Year One

Elective		3 Credits
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Fall Semester-Year One

FIT 100	Introduction to Fitness	3 Credits
HSC 110	Human Anatomy and Physiology I	4 Credits
SPT 100	Introduction to Sport Management	3 Credits
SPT 300	Psychology of Sport	3 Credits

December Intersession-Year One

Elective		3 Credits
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Spring Semester-Year One

ATE 340	Sports Nutrition	3 Credits
HSC 120	Human Anatomy and Physiology II	4 Credits
HPE 105	Current Health Issues	3 Credits
SPT 305	Ethics in Sport	3 Credits

Summer Session I-Year Two

General Education Course		3 Credits
General Education Course		3 Credits

Summer Session II-Year Two

General Education Course		3 Credits
General Education Course		3 Credits

Fall Semester-Year Two

HSC 275	Functional Kinesiology	3 Credits
FIT 300	Business Aspects of Fitness	3 Credits
SPT 310	Sport Marketing	3 Credits
SPT 400	Legal Aspects of Sport	3 Credits

December Intersession-Year Two

General Education Course		3 Credits
Elective		3 Credits

Spring Semester-Year Two

FIT 325	Integrated Personal Fitness Training	3 Credits
HSC 325	Physiology of Exercise	3 Credits
SPT 415	Sport Finance	3 Credits
General Education Course		3 Credits

Summer Session I-Year Three

General Education Course	3 Credits
General Education Course	3 Credits

Summer Session II-Year Three

General Education Course	3 Credits
General Education Course	3 Credits

Fall Semester-Year Three

FIT	400	Integrated Sport Performance Training	3 Credits
SPT	420	Economics of Sport	3 Credits
FIT	405	Wellness Seminar I	3 Credits
ATE	460	Sports Medicine Research	3 Credits

December Intersession-Year Three

General Education Course	3 Credits
Elective	3 Credits

Spring Semester-Year Three

FIT	410	Wellness Seminar II	3 Credits
FIT	420	Trends and Issues in Fitness	3 Credits
FIT	350	Fitness for Special Populations	3 Credits
		Elective	3 Credits

Total Credits 120 Credits