

California University of Pennsylvania
Department of Health Science and Sport Studies
BS in Sport Management-Wellness and Fitness
2+2 Course Sequence

Summer Session I-Year One

HSC	110	Human Anatomy and Physiology I	4 Credits
FIT	100	Introduction to Fitness	3 Credits

Summer Session II-Year One

HSC	120	Human Anatomy and Physiology II	4 Credits
SPT	100	Introduction to Sport Management	3 Credits

Fall Semester-Year One

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 One

HPE	105	Current Health Issues	3 Credits
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Spring Semester-Year One

HSC	325	Physiology of Exercise	3 Credits
SPT	300	Psychology of Sport	3 Credits

FIT	325	Integrated Personal Fitness Training	3 Credits
SPT	415	Sport Finance	3 Credits

Fall Semester-Year Two

FIT	405	Wellness Seminar I	3 Credits
ATE	460	Sports Medicine Research	3 Credits

FIT	400	Integrated Sport Performance Training	3 Credits
SPT	420	Economics of Sport	3 Credits

December Intersession-Year Two

SPT	305	Ethics in Sport	3 Credits
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Spring Semester-Year Two

FIT	410	Wellness Seminar II	3 Credits
FIT	350	Fitness for Special Populations	3 Credits

FIT	420	Trends and Issues in Fitness	3 Credits
ATE	340	Sports Nutrition	3 Credits

Total Credits 68

Notes:

1. Courses within the fall and spring semesters are offered in 8 week blocks, the shaded areas above indicate the second 8 weeks in the semester.
2. The program is offered in a 100% online format. Students will learn and grow into a learning community as part of a select cohort.
3. The above model is designed for individuals who already possess an Associate's Degree.