

# HEALTH FITNESS STUDIES

ID# \_\_\_\_\_ Date \_\_\_\_\_ Advisor \_\_\_\_\_

College/University Hrs. Accepted \_\_\_\_\_

Community College Hrs Accepted

Total Hrs Accepted

Name (Last, First, Middle or Maiden)

GENERAL EDUCATION CORE (37 Hours)			Transferred From	Course	Grade	Hours
EN	1103	English Comp I				
EN	1113	English Comp II				
BIO	1004	Anatomy and Physiology				
BIO	1123	Animal Biology/Lab				
CH	1043	Survey of Chemistry I				
EN	22__	Literature (See MSU Bulletin for approved Core Curriculum Requirements)				
HI	__3	History (See MSU Bulletin for approved Core Curriculum Requirements)				
PE	1323	History and Appreciation of Dance <i>or other approved Fine Arts</i>				
MA	1313	College Algebra				
ST	2113	Statistics for the Behavioral Science <i>(or Math above MA 1313)</i>				
PSY	1013	General Psychology				
EC	2113	Principles of Macroeconomics				

PROFESSIONAL COURSES (27 Hours)						
CO	1003	Fundamentals of Public Speaking				
TKT	1273	Microcomputers in Education or other approved Computer Literacy				
KI	1803	Health Trends and Topics <i>(Formerly PE 1223 - Personal Health)</i>				
KI	2213	Emergency Health Care				
FNH	2293	Individual and Family Nutrition				
EDF	3413	Writing for Thinking [Jr. Standing; C or above in EN 1103 & 1113]				
PSY	3503	Health Psychology				
HS	4403	Introduction to Gerontology				
HS	4583	Entrepreneurship Human Sciences				

MAJOR COURSES (39 Hours)						
PE	1041	Aerobics				
PE	1061	Walking/Jogging				
PE	1151	Strength Training				
EP	2013	Introduction to Exercise Science				
EP	3183	Exercise <b>PSYCHOLOGY</b>				
EP	3233	Anatomical Kinesiology				
KI	3273	Athletic Training [BIO 1004 or 2004]				
EP	3304	Exercise <b>PHYSIOLOGY</b> [BIO 1004 <b>or</b> BIO 2004 <b>AND</b> CH 1043 <b>or</b> CH 1213]				
EP	3663	Personal Fitness Training [EP 3183, EP 3304]				
EP	4113	Fitness Programs and Testing Procedures [EP 3304]				
EP	4153	Training Techniques for Exercise and Sport [EP 3304]				
EP	4183	Exercise and Weight Control [EP 3304]				
EP	4210	Health Fitness Studies Intern (6) [EP 3233, 3663, 4113, 4153, 4183, Final sem. senior status]				
EP	4802	Professional Seminar in Exercise Science				

CHOOSE A COGNATE AND ONE COURSE FROM EACH OF THE OTHER TWO AREAS						
<b>BUSINESS</b> (Any 5)	EC	2123	Prin of Microeconomics [EC 2113 & Sophomore Standing]			
	ACC	2013	Principles of Financial Account			
	MKT	3013	Principles of Marketing [Junior Standing]			
	MGT	3513	Introduction to Human Resource Management			
	MKT	4123	Advertising [MKT 3013 or consent of instructor]			
	MGT	4153	Organizational Theory [Final semester senior standing]			
	MGT	4533	Adv Hum Resourse Mgt [MGT 3513 or consent of instructor]			
<b>HEALTH</b> (Any 5)	KI	2023	Foundations of Health Education [KI 1803]			
	FNH	3163	Basic Principles of Health Promotion			
	EP	4603	Physical Activity Epidemiology [EP 3304]			
	PSY	3363	Behavioral Modification [PSY 1013]			
	PSY	3353	Motivation [PSY 1013]			
	COE	4023	Introduction to Counseling			
<b>AGING</b> (Any 5)	CO	3203	Communication and Group Leadership [CO 2213]			
	PSY	4983	Psychology of Aging [PSY 1013]			
	EP	4123	Aging and Physical Activity [EP 3304]			
	HS	4813	Adult Development: The Middle Years [PSY 1013 & Jr. Standing]			
<b>TRACK 21</b>	COE	4713	Issues in Aging			
	SO	4413	Aging and Retirement American Society [9 hrs of SO or related courses]			
<b>TOTAL 124</b>	HS	4863	Consumer Aspects of Aging [HS 3303 or consent of instructor]			

No D's will be accepted **EXCEPT** in the 37 hour university core. HFST majors are expected to familiarize themselves with the COE Undergradua Handbook found at [www.educ.msstate.edu/HANDBOOKS/uhbook.pdf](http://www.educ.msstate.edu/HANDBOOKS/uhbook.pdf) **AND** utilize the Advising Hints page found at:



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