

Fayetteville State University
Four-Year Degree Plan

HPE- Wellness Promotion Concentration (Non-Teaching)
Catalog: 2025-2026

Total Degree Credits: 120 Hours

This Plan illustrates how students can meet degree course requirements in four years. Some courses listed below may be taken in an alternate order. Consider prerequisites, prior credit, course availability, and student needs in developing the individual plan. Courses fulfilling requirements are listed on the reverse. For information about prerequisites and other program requirements consult the appropriate Catalog Program of Study and an advisor.

Year 1										
Fall	Course	Cr	Pre-Req	Req		Spring	Course	Cr	Pre-Req	Req
	UNIV 101 - Freshman Seminar	1	N	1.1			UNIV 102 - Freshman Seminar II	1	N	1.1
	HEED 112 - Health and Wellness	2	N	1.2			SPEE 200 - Introduction to Speech or BADM 215	3	N	2.2
	ENGL 110 - English Composition	3	N	2.1			ENGL 120 - English Composition II	3	N	4
	PHIL 110 Or PHIL 220	3	N	3.1			Natural Science Selection (lecture and lab)	4	N	5.1
	Core Quantitative Reason (MATH)	3	N	3.2			Core Humn Creative Arts	3	N	6
	Global Literacy	3	N	7						
	Total Credits		15				Total Credits		14	
Year 2										
Fall	Course	Cr	Pre-Req	Req		Spring	Course	Cr	Pre-Req	Req
	Natural Science Selection (lecture and lab)	4	N	5.1			PEDU 205 - Net/Wall & Field/Striking Games	1	N	9.13
	Scientific Literacy - Social Sciences	3	N	5.2			PEDU 311 - History and Principles	3	N	9.13
	HEED 372 - First Aid and Safety	3	N	9.12			HPE or EDUC Elective (Advisor Approval)	3	N	9.15
	COHE 201- Community Health Experiences	3	N	9.14			HEED 215- Women's Health	3	N	9.12
	Ethics and Civic Engagement	3	N	8			HEED 301 - Drug Education	3	N	9.12
							Elective Course (Advisor Approval)	3	N	9.15
	Total Credits		16				Total Credits		16	
Year 3										
Fall	Course	Cr	Pre-Req	Req		Spring	Course	Cr	Pre-Req	Req
	PEDU 215- Target & Invasion Games	1	N	9.13			PEDU 211 - Rhythms and Movement Concepts	1	N	9.13
	PEDU 450 - Physiology of Exerc and Kinesiology	3	N	9.13			PUHE 270 or Advisor Approved Elective	3	N	9.14
	PEDU 431 - Adapted Physical Education	3	N	9.13			HEED 320- Introduction to Health Education	3	N	9.12
	SPTM 330 - Sport Facility and Event Mmgt.	3	N	9.14			HEED 310- Mental and Emotional Health	3	N	9.12
	HEED 300- Human Sexuality	3	N	9.14			PUHE 290- Advancing Health Equity	3	N	9.14
	HPE or EDUC Elective (Advisor Approval)	3	N	9.15			SPTM 340 - Sport Marketing and Communications	3	N	9.14
	Total Credits		16				Total Credits		16	
Year 4										
Fall	Course	Cr	Pre-Req	Req		Spring	Course	Cr	Pre-Req	Req
	PEDU 421 - Measurement & Evaluation	3	N	9.13			PUHE 330 - Health Behavior and Counseling	3	N	9.14
	PEDU 460 - Introduction to Personal Training	3	N	9.13			SPTM 350- Aquatics and Facility Management	3	N	9.14
	HEED 420- Nutrition	3	N	9.12			PEDU 402 - Motor Learning	3	N	9.13
	PUHE 411- Public Health Problems	3	N	9.14			+ HEED 480 Health & Wellness Promotion	3	IP	9.12
	Elective Course (Advisor Approval)	3	N	9.15						
	Total Credits		15				Total Credits		12	