

Fayetteville State University
Four-Year Degree Plan

HPE- Wellness Promotion Concentration (Non-Teaching)
Catalog: 2026-2027 **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	

Fayetteville State Four-Year HPE- Wellness Promotion Concentration (non-teaching)

Requirements/Notes

Pre. Prerequisite: Y (Yes) - Course/Requirement has prerequisite(s). N (No) - Course/Requirement has no prerequisite. C (Check) - Some courses satisfying requirement have prerequisites and/or courses have non-prerequisite restrictions. Check Catalog for details.

****IP (Instructor Approval) – Upper-level courses need to be approved by the instructor prior to being admitted into the course. These courses are reserved for students who have declared Health and Physical Education (or Sport Management) as their major and have completed 300 level and below courses.**

1.1. Core Transitional UNIV. (UNIV 101 And UNIV 102) Or UNIV 110 Or UNIV 111. UNIV 101-UNIV 102 required for all first-time students; UNIV 110 required for transfer students with fewer than 30 transfer credits. Students do not earn credit if requirement is waived. UNIV 111 may be required based on academic performance.

1.2. Core Transitional Life. HEED 112.

2.1. Core Written Comm. ENGL 110.

2.2. Core Oral Comm. SPEE 200.

3.1. Core Critical Thinking. PHIL 110 Or PHIL 220. Not required for students with 60+ transfer credits. Students do not earn credit if requirement is waived.

3.2. Core Quantitative Reason. MATH 123 Or MATH 126 Or MATH 128 Or MATH 129 Or MATH 130 Or MATH 131 Or POLI 240 Or STAT 202. MATH 121 may be required based on profile scores. Some core courses require a one-hour lab.

4. Core Info Literacy. ENGL 120.

5.1. Core Natural Sci. BIOL 111/111L Or BIOL 1310/131L Or BIOL 150/150L Or BIOL 160/160L Or CHEM 105/105L Or CHEM 106/106L Or CHEM 141/141L Or CHEM 161/161L Or ENEC 201/201L Or ENEC 202/202L Or NSCI 111/111L Or NSCI 121/121L Or PHYS 125/125L Or PHYS 126/126L.

5.2. Core Social Sci. CRJC 210 Or ECON 211 Or ECON 212 Or ENEC 270 Or GEOG 210 Or HIST 212 Or HIST 271 Or POLI 200 Or POLI 210 Or POLI 220 Or POLI 270 Or PSYC 210 Or SOCI 210.

6. Core HUMN Creative Arts. ART 210 Or COMM 220 Or ENGL 220 Or ENGL 223 Or ENGL 240 Or ENGL 250 Or ENGL 253 Or HIST 210 Or HUMN 211 Or HUMN 212 Or HUMN 213 Or HUMN 215 Or MUSI 210 Or MUSI 225 Or MUSI 260 Or PHIL 210 Or RELI 215 Or THEA 203.

7. Core Global Literacy. ANTH 210 Or ART 150 Or ART 215 Or BADM 210 Or CHIN 110 Or CHIN 120 Or ENGL 211 Or ENGL 212 Or FREN 110 Or FREN 120 Or GEOG 220 Or GLBL 200 Or HIST 110 Or HIST 120 Or HIST 270 Or PHIL 211 Or POLI 230 Or SOCI 150 Or SPAN 110 Or SPAN 112 Or SPAN 120 Or SPAN 122 Or THEA 242 Or YORU 110 Or YORU 120. Not required for students with 30+ transfer credits from a foreign institution. Students do not earn credit if requirement is waived.

8. Core Ethics Civic Engage. BADM 220 Or CRJC 203 Or EDUC 211 Or ENEC 210 Or ENGL 225 Or ENGL 232 Or ENGL 233 Or ETCE 101 Or ETCE 102 Or ETCE 103 Or ETCE 200 Or GEOG 270 Or HCM 200 Or HIST 211 Or PHIL 120 Or PHIL 212 Or PHIL 250 Or PNUR 210 Or POLI 150 Or SPTM 210 Or SWRK 220.

9.12. Health Core. HEED 300 And HEED 301 And HEED 310 And HEED 320 And HEED 372 And HEED 420.

9.13. Physical Education Core. PEDU 205 And PEDU 215 And PEDU 220 Or PEDU 102 And PEDU 311 And PEDU 402 And PEDU 421 And PEDU 431 And PEDU 450 And 460.

9.14. Wellness Promotion Core. COHE 201 And HEED 215 And PUHE 270 And PUHE 290 And PUHE 330 And PUHE 411 And SPTM 330 And SPTM 340 And SPTM 350 And HEED 480.

9.15. Electives (advisor approved).