

Department of Health, Physical and Secondary Education Health and Physical Education, BS (Non-Teaching)

Wellness Promotion Concentration

Program of Study

2025-2026

Name:	Banner #:
Date:	Expected Program Graduation Date:
PIN #:	Advisor:

Course	Course Title	Credit	Semester and	Advisor's
Number		Hours	Final Grade	Signature
	University College Core Curriculum: 39 Credi	ts		
Transitional Studies	- University Studies			
UNIV 101 and	Freshman Seminar I (Required for all first-time students)			
UNIV 102	Freshman Seminar II (Required for all first-time students)			
Or	University Studies (Required of transfer student who have less than 30	2		
UNIV 110 or	transfer credits)			
UNIV 111	University Studies Student Program			
Transitional Studies	s - Life Skills			
HEED 112	Health & Wellness	2		
Communication Ski	IIs - Written Communication			
ENGL 110	English Composition I	3		
Communication Ski	lls - Oral Communication			
Select one (1) of the				
following:		3		
SPEE 200	Introduction to Speech	-		
BADM 215	Business Communications			
Information Literac	у			
ENGL 120	English Composition II	3		
Reasoning Skills - C	ritical Thinking			•
Select one (1) of the	(Required of transfer students who have less than 60 transfer credits)			
following:		3		
PHIL 110	Critical Thinking	•		
PHIL 220	Introduction to Logic			
Reasoning Skills - Q	uantitative Reasoning			<u>I</u>
Select one (1) of the				
following:				
MATH 123	College Algebra			
MATH 126	Quantitative Reasoning			
MATH 128	Quantitative Reasoning for Business	3-4		
MATH 129	Pre-calculus Mathematics I			

MATH 130	Pre-calculus Mathematics II		
MATH 131	Algebra and Trigonometry		
POLI 240	Introduction to Political Statistics		
STAT 202	Basic Probability and Statistics		
Scientific Literacy - N	Natural Sciences		
Select one (2) of the			
following:			
BIOL 111/111L	General Biology I (Lecture & Lab)		
BIOL 131/131L	General Biology II (Lecture & Lab)	8	
BIOL 150/150L	Principles of Biology I (Lecture & Lab)		
BIOL 160/160L	Principles of Biology II (Lecture & Lab)		
CHEM 105/105L	Introduction to Chemical Principles (Lecture & Lab)		
CHEM 106/106L	Introduction to Organic and Biochemistry (Lecture & Lab)		
CHEM 141/141L	General Chemistry I (Lecture & Lab)		
CHEM 161/161L	General Chemistry II (Lecture & Lab)		
ENEC 201/201L ENEC 202/202L	Nature, Environment, and Ecology I (Lecture & Lab) Nature and Environment (Lecture & Lab)		
NSCI 111/111L	Comprehensive Physical Science (Lecture & Lab)		
NSCI 121/121L	Modern Biology (Lecture & Lab)		
PHYS 125/125L	College Physics I (Lecture & Lab)		
PHYS 126/126L	College Physics II (Lecture & Lab)		
Scientific Literacy - S			
CRJC 210			
ECON 211	Introduction to Criminology Principles of Macroeconomics		
ECON 211 ECON 212	Principles of Microeconomics		
ENEC 270/POLI 270	Climate Change and Public Policy		
GEOG 210	Principles of Geography	3	
HIST 212	The United States since 1865		
HIST 271	Environmental History		
POLI 200	Introduction to Political Science		
POLI 210	Principles of American Government		
POLI 220	Principles of Public Administration		
PSYC 210	General Psychology		
SOCI 210	Principles of Sociology		
Humanities and Crea	ative Arts		•
Select one (1) of the			
following:			
ART 210	Survey of Art		
COMM 220	Film and Video Appreciation		
ENGL 220	African American Literature I		
ENGL 223	African American Literature II		
ENGL 240	Introduction to Literature		
ENGL 250	Women in Literature		
ENGL 253	Images of Women	3	
HIST 210	African American History		
HUMN 211	Music, Art and Ideas I		
HUMN 212	Music, Art and Ideas II		
HUMN 213	Humanities: Pop Culture Connections		
HUMN 215	Arts in Performance		
MUSI 210	Music Appreciation		
MUSI 225	History Jazz / American Culture		
MUSI 260	African American Music		
PHIL 210	Introduction to Philosophy		
RELI 215	Introduction to the Bible		
THEA 203	Introduction to Theatre		
Global Literacy			
Select one (1) of the			
following:	Labor duration to Arabicon 1		
ANTH 210	Introduction to Anthropology		
ART 150	Manga and Sequential Art in World Culture		
ART 215	Survey of Global Art		
BADM 210	Intro to Global Business Environment		

| CHIN 120Elementary Chinese IIImage: Chinese IIImage: Chinese IIENGL 211World Literature IImage: Chinese IIImage: Chinese IIENGL 212World Literature IIImage: Chinese IIImage: Chinese IIFREN 100Elementary French IImage: Chinese IIImage: Chinese IIGEOG 220World Regional GeographyImage: Chinese IIImage: Chinese IIHIST 110World History to 16003Image: Chinese IIHIST 120World History since 16003Image: Chinese IIPHIL 211Introduction to AfricaImage: Chinese IIImage: Chinese IIPOL 230Ethics and Global AffairsImage: Chinese IIImage: Chinese IISOCI 150Global SocietySpanish IImage: Chinese IISPAN 110Elementary Spanish IImage: Chinese IIImage: Chinese IISPAN 120Elementary Spanish IImage: Chinese IIImage: Chinese IISPAN 211Intermediate Spanish IImage: Chinese IIImage: Chinese IISPAN 120Elementary Yoruba IImage: Chinese IIImage: Chinese IIVORU 120Elementary Yoruba IIImage: Chinese IIImage: Chinese IIEthics and Civic Engementary Yoruba IIEthics and Civic Engementary Yoruba IIEthics and Civic Engementary Yoruba IISelect one (1) of the

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Circi 11Laboratory Experiments in Area SchoolsENCE 230ENCE 231Ence 140ENCE 232Introduction to SustainabilityENGI 233Hig Hop: Poetry, Politics, and Poic Culture
ETGE 101ETGE 102ETC 103Advanced Ethics and Civic Engagement In Action
ETGE 103ETG 230ETG 240ETG 240 <td>HIST 110</td> <td>World History to 1600</td> <td></td> <td></td>

 | HIST 110 | World History to 1600 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| PHIL 211 Introduction to World Religion Image: Second | HIST 120 | World History since 1600 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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following: Criminal Justice Ethics South 200 Ethics an Contemporary World CAUC 203 Criminal Justice Ethics ENGL 225 Narrative Constructs of Race ENGL 223 Introduction to Sustainability ENGL 223 Introduction to Sustainability ENGL 223 Introduction to Sustainability ENGL 224 Introduction to Sustainability ENGL 223 Introduction to Film and Visual Iteracy ENGL 224 Introduction to Sustainad Unice Engagement in Action ETCE 102 Intermediate Ethics and Chic Engagement in Action ETCE 203 Ethics and Chic Engagement in Action ETCE 204 Ethics and Chic Engagement in Action ETCE 205 Ethics and Chic Engagement in Action ETCE 206 Ethics and Chic Engagement in Action ETCE 207 Ethics and Chic Engagement in Action

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| THEA 242
VORU 110Contemporary World Drama
Elementary Yoruba IIImage: Contemporary BornbailYORU 120Elementary Yoruba IIEthics and Civic EngagementSelect one (1) of the
following:
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| SPTM 210
SWRK 220Ethics and Moral Reasoning in Sport
Introduction to Human ServicesImage: Constraint of Constraint | PNUR 210 | Introduction to Professional Nursing | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SWRK 220Introduction to Human ServicesImage: Constraint of Constra | POLI 150 | North Carolina Government and Politics | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Health & Physical Education Courses: 45 CreditsHEED 300Human Sexuality31HEED 301Drug Education31HEED 310Mental & Emotional Health31HEED 320Introduction to Health Education31HEED 372First Aid & Safety Education31HEED 420Nutrition31PEDU 205Net/Wall & Field/Striking Games11PEDU 215Target & Invasion Games11PEDU 220
Or
PEDU 102Rhythms and Movement Concepts for Physical Education
or
Dance 10211

 | SPTM 210 | Ethics and Moral Reasoning in Sport | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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 | SWRK 220 | Introduction to Human Services | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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 | | Health & Physical Education Courses: 45 | Credits | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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 | HEED 300 | Human Sexuality | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| HEED 310Mental & Emotional Health3HEED 310Introduction to Health Education3HEED 320Introduction to Health Education3HEED 372First Aid & Safety Education3HEED 420Nutrition3PEDU 205Net/Wall & Field/Striking Games1PEDU 215Target & Invasion Games1PEDU 220Rhythms and Movement Concepts for Physical Education1Or
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 | HEED 310 | Mental & Emotional Health | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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 | HEED 320 | Introduction to Health Education | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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Or
PEDU 102 1

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| PEDU 215 Target & Invasion Games 1 PEDU 220 Rhythms and Movement Concepts for Physical Education
Or
PEDU 102 1 Dance 102 Dance 102

 | HEED 420 | Nutrition | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| PEDU 220 Rhythms and Movement Concepts for Physical Education 1
Or or PEDU 102 Dance 102

 | PEDU 205 | Net/Wall & Field/Striking Games | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Or or Dance 102 Dence 102 | PEDU 215 | Target & Invasion Games | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Or or Dance 102 Dence 102 | PEDU 220 | Rhythms and Movement Concepts for Physical Education | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PEDU 102 Dance 102

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 | | Dance 102 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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 | | History & Principles | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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PEDU 402	Motor Learning		3		
PEDU 421	Measurement & Evaluation		3		
PEDU 431	Adapted Physical Education	3			
PEDU 450	Physiology of Exercise and Kinesiology		3		
PEDU 460	Introduction to Personal Training		3		
ELECTIVE COURSE	Approved HPE or EDUC Elective		3		
ELECTIVE COURSE	Approved HPE or EDUC Elective		3		
	s prerequisite courses with a grade of C or higher before en I major courses to qualify for graduation.			es, and students n	nust earn a grade
COHE 201	Wellness Promotion Concentratio	n Courses: 36 C			<u> </u>
	Community Health Experiences		3		
HEED 215	Women's Health		3		
PUHE 270	Digital and Consumer Health Literacy	3			
PUHE 290	Advancing Health Equity	3			
PUHE 330	Health Behavior and Counseling		3		
PUHE 411	Public Health Problems		3		
SPTM 330	Sport Facility and Event Management		3		
SPTM 340	Sport Marketing and Communications		3		
SPTM 350	Aquatics and Facility Management		3		
+ HEED 480	Health & Wellness Promotion (Practicum Hours Required)	3		
ELECTIVE COURSE	Approved Elective		3		
ELECTIVE COURSE	Approved Elective		3		
	as a Junior or Senior to enroll in these courses. Students me ent courses, and students must earn a grade of C or higher i				C or higher before
TOTAL # OF CREDI	rs	120			

(Advisor)

(Chairperson)

(Signature of Student)

(Date)

(Date)

(Date)

Term	Year	Course Number	Course Title	Credits
Term	Year	Course Number	Course Title	Credits
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Term	Year	Course Number	Course Title	Credits
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Fayetteville State University

HPE- Wellness Promotion Concentration (Non-Teaching)

Four-Year Degree Plan

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.

Catalog: 2025-2026

			-	-	Ye	ar 1				
Fall	Course	Cr	Pre-Req	Req		Spring	Course	Cr	Pre-Req	Req
	UNIV 101 - Freshman Seminar	1	N	1.1	1		UNIV 102 - Freshman Seminar II	1	N	1.1
	HEED 112 - Health and Wellness	2	N	1.2	1		SPEE 200 - Introduction to Speech or BADM 215	3	N	2.2
	ENGL 110 - English Composition	3	N	2.1	1		ENGL 120 - English Composition II	3	N	4
	PHIL 110 Or PHIL 220	3	N	3.1	1		Natural Science Selection (lecture and lab)	4	N	5.1
	Core Quantitative Reason (MATH)	3	N	3.2	1		Core Humn Creative Arts	3	N	6
	Global Literacy	3	N	7						
	Total Credits	15					Total Credits	14		
			-	-	Yea	ar 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	Ν	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	Ν	9.12
							Elective Course (Advisor Approval)	3	Ν	9.15
	Total Credits 16 Total Credits						16			
					Ye	ar 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	Ν	9.13
	PEDU 450 - Physiology of Exerc and Kinesiology	3	N	9.13			PUHE 270 or Advisor Approved Elective	3	Ν	9.14
	PEDU 431 - Adapted Physical Education	3	N	9.13			HEED 320- Introduction to Health Education	3	Ν	9.12
	SPTM 330 - Sport Facility and Event Mmgt.	3	N	9.14			HEED 310- Mental and Emotional Health	3	Ν	9.12
	HEED 300- Human Sexuality	3	N	9.14			PUHE 290- Advancing Health Equity	3	Ν	9.14
	HPE or EDUC Elective (Advisor Approval)	3	N	9.15			SPTM 340 - Sport Marketing and Communications	3	Ν	9.14
	Total Credits	16					Total Credits	16		
		-			Yea	ar 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. FNGI 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).