



**Department of Health, Physical and Secondary Education**  
**Health and Physical Education, BS**  
**Wellness Promotion Concentration**  
**Program of Study**  
**2026-2027**

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

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

MATH 130	Pre-calculus Mathematics II			
MATH 131	Algebra and Trigonometry			
POLI 240	Introduction to Political Statistics			
STAT 202	Basic Probability and Statistics			
<b>Scientific Literacy - Natural Sciences</b>				
<b>Select one (2) of the following:</b>				
BIOL 111/111L	General Biology I (Lecture & Lab)	8		
BIOL 131/131L	General Biology II (Lecture & Lab)			
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	Nature, Environment, and Ecology I (Lecture & Lab)			
ENEC 202/202L	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)			
<b>Scientific Literacy - Social Sciences</b>				
CRJC 210	Introduction to Criminology	3		
ECON 211	Principles of Macroeconomics			
ECON 212	Principles of Microeconomics			
ENEC 270/POLI 270	Climate Change and Public Policy			
GEOG 210	Principles of Geography			
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			
<b>Humanities and Creative Arts</b>				
<b>Select one (1) of the following:</b>				
ART 210	Survey of Art	3		
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			
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			
<b>Global Literacy</b>				
<b>Select one (1) of the following:</b>				
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 110	Elementary Chinese I	<b>3</b>		
CHIN 120	Elementary Chinese II			
ENGL 211	World Literature I			
ENGL 212	World Literature II			
FREN 110	Elementary French I			
FREN 120	Elementary French II			
GEOG 220	World Regional Geography			
HIST 110	World History to 1600			
HIST 120	World History since 1600			
HIST 270	An Introduction to Africa			
PHIL 211	Introduction to World Religion			
POLI 230	Ethics and Global Affairs			
SOCI 150	Global Society			
SPAN 110	Elementary Spanish I			
SPAN 112	Spanish for the Professions I			
SPAN 120	Elementary Spanish II			
SPAN 122	Spanish for the Professions II			
SPAN 211	Intermediate Spanish I			
THEA 242	Contemporary World Drama			
YORU 110	Elementary Yoruba I			
YORU 120	Elementary Yoruba II			
<b>Ethics and Civic Engagement</b>				
<i>Select one (1) of the following:</i>				
BADM 220	Ethics in a Contemporary World	<b>3</b>		
CRJC 203	Criminal Justice Ethics			
EDUC 211	Laboratory Experiences in Area Schools			
ENEC 210	Introduction to Sustainability			
ENGL 225	Narrative Constructs of Race			
ENGL 232	Introduction to Film and Visual Literacy			
ENGL 233	Hip Hop: Poetry, Politics, and Pop Culture			
ETCE 101	Foundations of Ethics and Civic Engagement			
ETCE 102	Intermediate Ethics and Civic Engagement in Action			
ETCE 103	Advanced Ethics and Civic Engagement in Action			
ETCE 200	Ethics and Civic Engagement in Action			
GEOG 270	Environment and Experience			
HCM 200	Ethics for Health Professions			
HIST 211	The United States to 1865			
PHIL 120	Moral Principles and Contemporary Moral Issues			
PHIL 212	African-American Philosophy			
PHIL 250	Environmental Ethics			
PNUR 210	Introduction to Professional Nursing			
POLI 150	North Carolina Government and Politics			
SPTM 210	Ethics and Moral Reasoning in Sport			
SWRK 220	Introduction to Human Services			
<b>Health &amp; Physical Education Courses: 48 Credits</b>				
HEED 300	Human Sexuality	<b>3</b>		
HEED 301	Drug Education	<b>3</b>		
HEED 310	Mental & Emotional Health	<b>3</b>		
HEED 320	Introduction to Health Education	<b>3</b>		
HEED 372	First Aid & Safety Education	<b>3</b>		
HEED 420	Nutrition	<b>3</b>		
PEDU 205	Net/Wall & Field/Striking Games	<b>1</b>		
PEDU 215	Target & Invasion Games	<b>1</b>		
PEDU 220	Rhythms and Movement Concepts for Physical Education	<b>1</b>		
PEDU 311	History & Principles	<b>3</b>		
PEDU 321 or	Educational Games for Early Childhood Physical Education K-6	<b>3</b>		

PEDU 322	Physical Education in Middle Grades 6-9			
PEDU 402	Motor Learning	<b>3</b>		
PEDU 421	Measurement & Evaluation	<b>3</b>		
PEDU 431	Adapted Physical Education	<b>3</b>		
PEDU 450	Physiology of Exercise and Kinesiology	<b>3</b>		
PEDU 460	Introduction to Personal Training	<b>3</b>		
ELECTIVE COURSE	Approved HPE or EDUC Elective	<b>3</b>		
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<b>Students must pass prerequisite courses with a grade of C or higher before enrolling in subsequent courses, and students must earn a grade of C or higher in all major courses to qualify for graduation.</b>				
<b>Wellness Promotion Concentration Courses: 33 Credits</b>				
HEED 215	Women's Health	<b>3</b>		
PUHE 270	Digital and Consumer Health Literacy	<b>3</b>		
PUHE 290	Advancing Health Equity	<b>3</b>		
PUHE 411	Public Health Problems	<b>3</b>		
SPTM 330	Sport Facility and Event Management	<b>3</b>		
SPTM 340	Sport Marketing and Communications	<b>3</b>		
SPTM 350	Aquatics and Facility Management	<b>3</b>		
HEED 480	Wellness Promotion Internship and Seminar	<b>3</b>		
ELECTIVE COURSE	Approved Elective	<b>3</b>		
ELECTIVE COURSE	Approved Elective	<b>3</b>		
ELECTIVE COURSE	Approved Elective	<b>3</b>		
<b>**Must be classified as a Junior or Senior to enroll in these courses. Students must pass prerequisite courses with a grade of C or higher before enrolling in subsequent courses, and students must earn a grade of C or higher in all major courses to qualify for graduation.</b>				
<b>TOTAL # OF CREDITS</b>		<b>120</b>		

\_\_\_\_\_  
(Signature of Student)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Advisor)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Chairperson)

\_\_\_\_\_  
(Date)

Term	Year	Course Number	Course Title	Credits
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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					
<b>Total Credits</b>		<b>15</b>			<b>Total Credits</b>		<b>14</b>		
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	9.13
	SPTM 330 - Sport Facility & Event Management	3	N	9.1		PUHE 270 - Digital & Consumer Health Literacy	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	9.1
<b>Total Credits</b>		<b>16</b>			<b>Total Credits</b>		<b>16</b>		
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
	HEED 215- Women's Health	3	N	9.13		PEDU 321 or PEDU 322 PE K-6/6-9	3	N	9.13
	PEDU 431 - Adapted Physical Education	3	N	9.13		HEED 320- Introduction to Health Education	3	Y	9.13
	HEED 300- Human Sexuality	3	N	9.12		HEED 310- Mental and Emotional Health	3	N	9.12
	SPTM 350- Aquatics and Facility Management	3	N	9.1		PUHE 290- Advancing Health Equity	3	Y	9.12
	HPE or EDUC Elective (Advisor Approval)	3	N	9.1		Elective Course (Advisor Approval)	3	Y	9.1
<b>Total Credits</b>		<b>16</b>			<b>Total Credits</b>		<b>16</b>		
Year 4									
Fall	Course	Cr	Pre-Req	Req	Spring	Course	Cr	Pre-Req	Req
	PEDU 421 - Measurement & Evaluation	3	N	9.13		+ HEED 480 Field Work in Health Promotion	3	Y	9.1
	PEDU 460 - Introduction to Personal Training	3	IP	9.13		SPTM 340 - Sport Marketing and Communications	3	Y	9.1
	PEDU 450 - Physiology of Exerc and Kinesiology	3	N	9.12		Elective Course (Advisor Approval)	3	Y	9.1
	PUHE 411- Public Health Problems	3	Y	9.1		PEDU 402 - Motor Learning	3	N	9.13
	Elective Course (Advisor Approval)	3	Y	9.1		HEED 420- Nutrition			
<b>Total Credits</b>		<b>15</b>			<b>Total Credits</b>		<b>12</b>		

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. 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 150/150L; And BIOL 160/160L Or CHEM 105/105L Or CHEM 106/106L Or ENEC 201/201L Or NSCI 111/111L Or PHYS 125/125L
- 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. EDUC 211.
- 9.1. Professional Education. EDUC 210 And EDUC 211 And EDUC 310 And EDUC 330 And EDUC 331 And EDUC 455 And EDUC 464 And (EDUC 480 Or EDUC 497) And EDUC 490 And READ 320.
- 9.12. Health Core. HEED 300 Or COHE 300 And HEED 310 And HEED 320 And HEED 372 And HEED 420 Or COHE 250.
- 9.13. Physical Education Core. PEDU 205 And PEDU 215 And PEDU 302 And PEDU 310 And PEDU 311 And PEDU 321 And PEDU 322 And PEDU 360 And PEDU 421 And PEDU 431 And PEDU 450 And 460.