

Bachelor of Science in Health and Physical Education, Wellness Promotion Concentration
Freshman Curriculum Planning Guide and Baccalaureate Degree Plan
Fayetteville State University
(2026-2027)

University College Core Curriculum (General Education - 39 Credits)	Course Number	Cr.	Term	Grade
Transitional Studies – University Studies (2 Credits) ¹ Select one option from (UNIV 101/102) or UNIV 110 or UNIV 111 or UNIV 112		2		
Transitional Studies – Life Skills (2 Credits) Select two credits from the following: HEED 112 or HEED 113		2		
Communication Skills – Written Communication (3 Credits) – ENGL 110		3		
Information Literacy (3 Credits) – ENGL 120		3		
Communication Skills – Oral Communication (3 Credits) SPEE 200 or BADM 215		3		
Reasoning Skills – Critical Thinking (3 Credits) ² Select one from the following: PHIL 110 or PHIL 220		3		
Reasoning Skills – Quantitative Reasoning (3 Credits) ³ Select one from the following: MATH 123 or MATH 126 or MATH 128 or MATH 129 or MATH 130 or MATH 131 or POLI 240 or STAT 202		3		
Scientific Literacy – Natural Sciences (8 Credits) ⁴ Select from two of the following: ASTR 101 and ASTR 101L or ASTR 102 and ASTR 102L or BIOL 111 and BIOL 111L or BIOL 131 and BIOL 131L or BIOL 150 and BIOL 150L or BIOL 160 and BIOL 160L or CHEM 105 and CHEM 105L or CHEM 106 and CHEM 106L 160L or CHEM 141 and CHEM 141L or CHEM 161 and CHEM 161L or ENEC 201 and ENEC 201L or ENEC 202 and ENEC 202L or NSCI 111 and NSCI 111L or NSCI 121 and NSCI 121L or PHYS 125 and PHYS 125L or PHYS 126 and PHYS 126L		4		
		4		
Scientific Literacy – Social Sciences (3 Credits) CRJC 210 or ENEC 270 or ECON 211 or ECON 212 or GEOG 210 or HIST 212 or HIST 271 or POLI 200 or POLI 210 or POLI 220 or PSYC 210 or SOCI 210		3		
Humanities and Creative Arts (3 Credits) Select one from the following: 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		3		
Global Literacy (3 Credits) ⁵ Select one from the following: 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 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 SPAN 211 or THEA 242 or YORU 110 or YORU 120		3		
Ethics and Civic Engagement (3 Credits) Select one from the following: EDUC 211 or BADM 220 or CRJC 203 or ENEC 210 or EBGL 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 PNUR 210 or POLI 150 or SPTM 210 or SWRK 220.		3		

Notes

1. Course numbers are for the North Carolina Community College (NCCC) system.
2. Students do not earn credit if any requirement is waived. All students must earn at least 120 credits to graduate.
3. NCCC degrees: Associate in Arts (AA), Associate in Science (AS), Associate in Applied Science (AAS), Associate in General Education (AGE). Per NC Comprehensive Articulation Agreement, NCCC graduates with AA or AS have completed FSU general education requirements. Non-NCCC general education requirements are waived unless otherwise noted. NCCC general education courses not used for core may be applied to free electives or used to reach 120 credits.
4. At least one Natural Science class must include a lab.
5. Not required for students with 30 or more transfer credits from a foreign institution. Students do not earn credit if the requirement is waived.

Wellness Promotion Concentration Program Requirements (81 Credits)	Course	Cr.	Term	Grade
Wellness Promotion Courses (33 Credits) HEED 215 And PUHE 270 And PUHE 290 And PUHE 411 And SPTM 330 And SPTM 340 And SPTM 350 And HEED 480 And (3) Approved Electives.	HEED 215	3		
	PUHE 270	3		
	PUHE 290	3		
	PUHE 411	3		
	SPTM 330	3		
	SPTM 340	3		
	SPTM 350	3		
	HEED 480	3		
	Elective	3		
	Elective	3		
	Elective	3		
Health & Physical Education Courses (48 Credits) HEED 300 And HEED 301 And HEED 310 And HEED 320 Or HEED 372 And HEED 420 And PEDU 205 And PEDU 215 And PEDU 211 or DANC 102 And PEDU 311 And PEDU 321 or PEDU 322 And 402 And PEDU 421 And PEDU 431 And PEDU 450 And PEDU 460 And (2) Approved Electives.	HEED 300	3		
	HEED 301	3		
	HEED 310	3		
	HEED 320	3		
	HEED 372	3		
	HEED 420	3		
	PEDU 205	1		
	PEDU 215	1		
	PEDU 220	1		
	PEDU 311	3		
	PEDU 321 or PEDU 322	3		
	**PEDU 402	3		
	**PEDU 421	3		
	**PEDU 431	3		
	PEDU 450	3		
	PEDU 460	3		
	Electives	3		
	Electives	3		
**Must be classified as a junior or senior and/or Admission to Teacher Education is required 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 (health and physical education) courses to qualify for graduation.				
Total Credits		120		
Transfer Credits				

Baccalaureate 4-Year Degree Plan

This Plan illustrates how students from North Carolina community colleges can meet degree course requirements in four years. Courses and requirements in Year 1 and Year 2 are from the NC community college catalog. Courses and requirements in Year 3 and Year 4 are from the FSU catalog. Some courses listed below may be taken in an alternate order. Courses fulfilling requirements are listed on the previous pages. For information about prerequisites and other program requirements, consult the appropriate Catalog Program of Study and an advisor. Students should work with advisor to create and update an individual plan.

Year 1 Fall		
Requirement	Course	Cr
Freshman Seminar I	UNIV 101	1
Health and Wellness	HEED 112	2
English Composition I	ENGL 110	3
PHIL 110 Or PHIL 220	Option	3
Quantitative Reasoning	Option	3
Global Literacy	Option	3
Total:		15

Year 1 Spring		
Requirement	Course	Cr
Freshman Seminar II	UNIV 102	1
Introduction to Speech	SPEE 200	3
English Composition II	ENGL 120	3
Natural Sciences Option	Option	4
Humanities/Creative Arts	Option	3
Total:		14

Year 2 Fall		
Requirement	Course	Cr
Scientific Literacy Option	Option	4
Social/Behavioral Sciences	SOCI 210	3
First Aid and Safety	HEED 372	3
Women's Health	HEED 215	3
Ethics and Civic Engagement Option	Option	3
Total:		16

Year 2 Spring		
Requirement	Course	Cr
Net/Wall & Field/Striking Games	PEDU 205	1
Drug Education	HEED 301	3
Advisor Approved Elective	Elective	3
History and Principles	PEDU 311	3
Advancing Health Equity	PUHE 290	3
Total:		16

Year 3 Fall		
Requirement	Course	Cr
Target and Invasion Games	PEDU 215	1
Physiology of Exer and Kinesio	PEDU 450	3
Adapted Physical Education	PEDU 431	3
Sport Facility and Event Management	SPTM 330	3
Consumer Health	PUHE 270	3
Advisor Approved Elective	Elective	3
Total:		16

Year 3 Spring		
Requirement	Course	Cr
Rhythms and Movement Concepts or DANC 102	PEDU 211	1
Human Sexuality	HEED 300	3
Introduction to Health Education	HEED 320	3
Mental and Emotional Health	HEED 310	3
Advisor Approved Elective	Elective	3
Sport Marketing and Communications	SPTM 340	3
Total:		16

Year 4 Fall		
Requirement	Course	Cr
Measurement and Evaluation	PEDU 421	3
Nutrition	HEED 420	3
Introduction to Personal Training	PEDU 460	3
Public Health Problems	PUHE 411	3
Advisor Approved Elective	Elective	3
Total:		15

Year 4 Spring		
Requirement	Course	Cr
Motor Learning	PEDU 402	3
Aquatics and Facility Management	SPTM 350	3
Advisor Approved Elective	Elective	3
Health and Wellness Promotion	HEED 480	3
Total:		12

Notes

- * Indicates a course recommended by the program. Other courses listed under the requirement may be used.