

## **Bachelor of Science Sports Performance, Health, and Fitness**

<b>Required Courses:</b>	<b>61 credits</b>
BIO 221 Anatomy & Physiology I	4 credits
BIO 222 Anatomy & Physiology II	4 credits
SS 101 Foundations and Principles of PE and Sport	3 credits
SPF 105 Principles of Health and Wellness	3 credits
SPF 110 Program Design in Exercise	3 credits
SPF 115 Motor Development and Skill Learning	3 credits
SPF 210 Care and Prevention of Injuries	3 credits
SPF 298 Field Experience	2 credits
SPF 300 Sport and Exercise Psychology	3 credits
SPF 305 Personal Training and Strength Conditioning	3 credits
SPF 310 Nutrition and Weight Management	3 credits
SPF 315 Fitness for Special Populations	3 credits
SS 325 Kinesiology	3 credits
SPF 350 Health Fitness Appraisal & Wellness	3 credits
SPF 370 Nutrition in Health and Exercise	3 credits
SPM 385 Governance and Ethics in Sport	3 credits
SS 402 Exercise Physiology	3 credits
SS 410 Organization and Administration in PE and Sport	3 credits
SPF 420 Senior Sport Fitness Internship	3 credits
SPM 480 Risk Management and Sport Law	3 credits
<b>Electives:</b>	<b>9 credits required</b>
BUS 220 Business Technology	3 credits
BUS 331 Principles of Management	3 credits
SPM 260 Introduction to Sport Marketing	3 credits
SPM 320 Sport Communication and Marketing	3 credits
SPM 375 Topics in Sport Management	3 credits
SPM 440 Sport Leadership	3 credits
SPF 320 Corrective Exercise Techniques	3 credits
SPF 400 A Senior seminar & certification – review in health and fitness	1.5 credits
SPF 400 B Senior seminar & certification – review in health and fitness	1.5 credits
	<b>Total 70 Credits</b>