

35 Hours

HEALTH AND FITNESS

Health & Kinesiology-BA  
FITN

<http://www.cla.purdue.edu/hk/hkadvising>

PRESCRIBED COURSES TO MEET LA CORE REQUIREMENTS: Credit or equivalent experience must be established in the following courses by examination for credit, by including them in choices to meet the general education core requirement or by taking them as electives.

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 4__BIOL 20300 Human Anat. & Phys.    | 3__PSY 12000 Elem. Psychology |
|                                      | <b>OR</b>                     |
| 3__F&N 30300 Essentials of Nutrition | 3__SOC 10000 Intro Sociology  |

A. THE FOLLOWING REQUIRED COURSES IN HK ..... Cr. Hrs. 31

- 1\_\_HK 13500 Introduction to Health & Kinesiology
- 2\_\_HK 28000 First Aid
- 3\_\_HK 21500 Basic Health Studies
- 3\_\_HK 26100 Applied Anatomy and Kinesiology (prerequisite BIOL 20400) **OR**  
26300 Biomechanical Foundations of Motor Skills (prerequisites MATH 15200 or equivalent, BIOL 20300)
- 3\_\_HK 26600 Health & Fitness in Clinical/Worksite Settings (prerequisite HK 21500)
- 1\_\_HK 26900 Practicum Introduction and Preparation (prerequisite Consent of Instructor)
- 3\_\_HK 36600 Health Behavior and Health Promotion (prerequisite HK 26600)
- 3\_\_HK 36800 Exercise Physiology I (prerequisite BIOL 20400)
- 3\_\_HK 38500 Methods of Health Promotion and Education (prerequisite HK 26600)
- 3\_\_HK 42100 Health Screening & Fitness Evaluation & Prescription (prerequisite HK 36800)
- 3\_\_HK 42200 Clinical Experiences in Health & Fitness (prerequisite HK 42100)
- 3\_\_HK 42400 Health & Fitness Program Management (prerequisite HK 26600)
- 0\_\_HK 39200 Cooperative Work Experience IV (prerequisites HK 26900 and Consent of Instructor)

B. THE FOLLOWING REQUIRED COURSE IN ANOTHER DEPARTMENT ..... 4

- 4\_\_BIOL 20400 Human Anatomy & Physiology (prerequisite: BIOL 20300)

TOTAL REQUIRED FOR THE MAJOR ..... 35

**Students must earn a “C-“ or better in all HK courses**

Students completing this program will qualify to take the American College of Sports Medicine Health/Fitness Instructor Exam.

**SEE REVERSE FOR ADDITIONAL INFORMATION**

**Health & Fitness**

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FITN

**Suggested Arrangement of Courses:** (Students must earn a **C-** or better in HK courses)

Credits	Fall 1st Year	Prerequisite	Credits	Spring 1st Year	Prerequisite
4	BIOL 20300* (Fall Only)		4	BIOL 20400 (Spring Only)	BIOL 20300
3	COM 11400*		3-4	ENGL 10600/10800*	
3	Foreign Language (FLL) 10100		3	FLL 10200	FLL 10100
1	HK 13500		2	HK 28000	
3	MA 15200/15300*		3	US Tradition*	
3	PSY 12000 OR SOC 10000* (Ind. & Soc.)		3	Western Heritage*	
<b>17</b>			<b>18-19</b>		

Credits	Fall 2nd Year	Prerequisite	Credits	Spring 2nd Year	Prerequisite
3	FLL 20100	FLL 10200	3	Aesthetic Awareness*	
3	Gender*		3	FLL 20200*	FLL 20100
3	HK 21500		3	HK 26100 (Spring Only) OR HK 26300	BIOL 20300 OR BIOL 20400
1	HK 26900		3	HK 26600	HK 21500
3	HK 36800	BIOL 20400	3	STAT 11300/30100*	
3	Other Cultures*		3	Elective	
1-2	Elective				
<b>17-18</b>			<b>18</b>		

Credits	Fall 3rd Year	Prerequisite	Credits	Spring 3rd Year	Prerequisite
3	Diversity*		3	Global*	
3	F&N 30300*		3	HK 36600 (Spring Only)	HK 26600
3	HK 38500	HK 26600	3	HK 42200	HK 42100
3	HK 42100	HK 36800	3	Elective	
3	Elective		3	Elective	
3	Elective		3	Elective	
<b>18</b>			<b>18</b>		

Credits	Fall 4th Year	Prerequisite	Credits	Spring 4th Year	Prerequisite
3	Ethics*				
3	HK 42400 (Fall Only)	HK 26600	0	HK 39200 (500 Hour Internship)	HK 26900
3	Elective				
3	Elective				
3	Elective				
3	Elective				
<b>18</b>			<b>0</b>		

**Total Credits**  
**126**

\*Satisfies a Liberal Arts Core Requirement (can be taken in any order)

Important Sequence of Classes

**Minimum of 126 Credits Required for Graduation**