Advising Worksheet
Health and Fitness

Student Name: ______________________
Anticipated Graduation: ________________

Semester Taken

**Core**

______  HLSC 101: Introduction to the Health Sciences (3)*
______  HLSC 131: Human Structure and Function (4)
______  PE 149: Physiology of Exercise (3)
______  HLTH 380: Health Issues and Programs (3)
______  HLSC 337: Exercise Testing and Prescription (3)
______  HLSC 495: Seminar in Health Science (3)

**Electives (Select five)**

______  HLSC 333: Motor Learning and Development (3)
______  HLSC 336: Principles of Strength and Conditioning (3)
______  HLTH 200: Nutrition and Physical Fitness (3)
______  HLTH 345: Personal Health (3)
______  HLTH 365: School and Community Health (3)
______  PE 203: Foundations of Athletic Skills-Individual (3)
______  PE 204: Foundations of Athletic Skills-Team (3)
______  PE 215: Sports Medicine (3)
______  PE 310: First Aid (3)
______  PE 338: Kinesiology (3)
______  PE 418: Coaching Team Sports (3)