# HEALTH PROMOTION AND FITNESS
## SEMESTER COURSE CHECKLIST

### I. General Education Requirements: 41 semester hours
- **IS requirement:** 8 courses  
  - *32 F/S_____
- **SYE requirement:** 1 course  
  - 4 F/S_____
- **HPES requirement:** 1 course  
  - 1 F/S_____
- **MATH 1210 or 1220:** 1 course  
  - 4 F/S_____

### II. Core Health Promotion and Fitness Majors Course: 55 semester hours
- **HLED 1400 Individual & Community Health** 4 F/S_____
- **HLED 1800 Professional Perspectives &Technology HPF** 4 Fall_____
- **HLED 2100 Fundamentals of Nutrition** 4 F/S_____
- **HLED 2300 Exercise Testing and Prescription** 4 Spring ___
- **HLED 2900 Practicum in HPF** 4 Spring ___
- **HLED 3050 Exercise for Selected Populations** 4 Fall_____
- **HLED 4900 Internship in HPF** 12 Spring ___
- **HLED 3800 Organization and Management of HPF** 4 Spring ___
  (not counted in total for section II-included in section I as dyad)
- **PHED 4400 Exercise Physiology** 4 Spring ___
- **HLED 1111 Anatomy & Physiology I (including lab)** 4 Fall_____
- **HLED 1112 Anatomy & Physiology II (including lab)** 4 Fall_____
- **ATHT 3400 Kinesiology** 4 Spring ___
- **HPES (in addition to GE requirement)** 3 F/S_____

### III. HPF Electives (choose at least 8 hours from the following)
- **HLED 2400 Health Issues** 4 Spring ___
- **HLED 2950 Group Fitness Practicum** 2 Spring ___
- **HLED 3500 Health Program Planning and Evaluation** 4 Fall_____
- **HLED 4100 Strength and Conditioning I** 4 Fall_____
- **HLED 4110 Strength and Conditioning II** 2 TBA_____

### IV. Other Electives: 24

**Total Hours: 128**

*This checklist is to be used as a tool to assist students with scheduling and does not constitute the official college requirements. It is subject to change without notice. Please consult Otterbein University Undergraduate Course catalog for the semesters that you enrolled for official requirements.*