

FITNESS MANAGEMENT (Physical Education)

JCJC CURRICULUM SHEET

The sample program of study illustrated prepares the student to enter further studies in a senior institution and complete requirements for a bachelor's degree in Fitness Management. The curriculum is very similar, if not identical, to those sometimes found under Sports Medicine and Health Recreation options in a Department of Physical Education. This program is designed for those students who do not plan to follow a teacher preparation curriculum.

Graduates of these areas may find employment opportunities working in such environments as V.A. Centers, convalescent homes, athletic trainers, private practice under a physician (often orthopedists), fitness centers, wellness settings, hospitals, and rehabilitation centers.

FRESHMAN YEAR

ENGLISH COMPOSITION (6 HRS)*

ENG 1113 English Comp. I 3
ENG 1123 English Comp. II 3

HUMANITIES (HISTORY) (6 HRS)

HIS 1113 Western Civ. I 3
HIS 1123 Western Civ. II 3

SOCIAL SCIENCE (6 HRS)

PSY 1513 General Psychology 3
ECO 2113 Economics I 3

FINE ARTS (3 HRS)*

ART 1113 Art Appreciation **or**
MUS 1113 Music Appreciation 3

MATH (6 HRS)*

MAT 1313 College Algebra 3
MAT 1323 Trigonometry **or**
MAT 1513 Business Calculus 3

BIOLOGICAL LAB SCIENCE (4 HRS)*

BIO 1414 Zoology **or**
BIO 2414 Zoology I 4

PHYSICAL LAB SCIENCE (4 HRS)*

CHE 1214 General Chemistry I 4

PHYSICAL EDUCATION (5 HRS)*

HPR 1111 Phy. Ed. Activity I 1
HPR 1121 Phy. Ed. Activity II 1
HPR 1313 Intro. Health, PE 3

*** Required Core Courses**

SOPHOMORE YEAR

HUMANITIES (3 HRS)

ENG 2413 World Literature* **or**
ENG 2323 English Lit. I 3

BUSINESS COURSES (9 HRS)*

BAD 2533 Bus. & Micro. Comp. 3
ACC 1213 Accounting I 3
ECO 2123 Economics II 3

BIOLOGICAL LAB SCIENCE (4-8 HRS)*

BIO 2514 Anat. & Physiology I+ 4
BIO 2524 Anat. & Physiology II ++ 4
+ Prerequisite is one course in biology (BIO) or chemistry.
++ Optional in some programs.

SPEECH (3 HRS)*

SPT 1113 Speech 3

HEALTH, PHYSICAL EDUCATION (3-8 HRS)

HPR 1113 Health 3
HPR 2443 Athl. Trng. & Treatmt. 3
HPR 2111 Phy. Ed. Activity III+ 1
HPR 2121 Phy. Ed. Activity IV+ 1
+ Optional in some programs.

NUTRITION (3 HRS)

FCS 1253 Nutrition 3

*** Required Core Courses**

FITNESS MANAGEMENT--NOTES:

Electives not shown on the FITNESS MANAGEMENT sample program of study include, but are not limited to, the following: PSC 1113 American National Government, GEO 1123 Geography, SOC 2113 Sociology, PHI 2113 Philosophy, and EPY 2533 Human Growth and Development. Sometimes additional courses (electives) appear on the sample program to permit the student flexibility in selecting any one of the available emphases.

Students without an adequate high school math background, which includes a minimum of Algebra II, should enroll in a preparatory math course, such as Basic Math, Beginning Algebra or Intermediate Algebra, prior to College Algebra. Preparatory math courses will not transfer to other institutions.

Students without a high school background in chemistry should enroll in CHE 1114, Basic Chemistry. While this course will not meet the Radiological Technology requirements for chemistry, it does provide the student with the opportunity for successful work in the required general chemistry courses.

Additionally, students should plan to complete no more than half of the hours required for a bachelor's degree prior to transferring to the senior institution. The student should consult the catalog of the senior institution for specific admissions procedures and other details concerning the program of study.

This CHECK SHEET should be used to keep a careful record of grades for each of the courses and should be presented to the student's advisor for planning the schedule of courses each semester at JCJC.