

Integrated Studies: Health and Fitness Concentration

Suggested Course Sequence Sheet (2023-2024)

This is a sample schedule of sequencing for Health and Fitness. It assumes that a student has already fulfilled their foreign language requirement and is pursuing *elementary certification* (a separate program from the major, in red italics). Other course sequences are possible and in fact probable, since some courses are offered only **once a year** (in bold type) and some may conflict with other required courses in the time schedule. Expect to take an average of 16 credits per quarter. Please check with your faculty advisor as you make plans. Note that the courses in the IS major automatically fulfill all Ways of Knowing requirements, EDU 2100 fulfills the Ways of Engaging requirement, and EDU 2300 fulfills the Cultural Understanding and Engagement requirement.

Freshman Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"> WRI 1000/UFDN 1000 (5) UCOL 1000 (1) PHY 2571 (3) HHP 2195 (5) 	<ul style="list-style-type: none"> WRI 1000/WRI 1100/ UFDN 1000 (5) PHY 2568 (4) HHP 1301 (3) 	<ul style="list-style-type: none"> WRI 1100/UFDN 1000 (5) BIO 2571 (5) 	<ul style="list-style-type: none"> If you have fewer than 3 high school years of a Foreign Language, take a placement test fall quarter & complete the requirement this year. The Physics sequence is key this year.
ANY QUARTER: COM 1101/1321 (5), <i>EDRD 2000 (3)</i> , Any Math and Foreign Language competency courses required.			
Sophomore Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"> MUS 3501 (3) POL 1120 (5) 	<ul style="list-style-type: none"> MAT 1560 (4) 	<ul style="list-style-type: none"> MAT 2561 (4) TRE 3800 (3) HHP 3555 (5) FCS 2385 (5) 	<ul style="list-style-type: none"> Starting the math sequence is key this year. <i>EDU 2300</i> is the gateway to certification; take it this year. It is preferable to take the Arts Core courses (ART, MUS, TRE) <i>after</i> EDU 2100, if possible. But try to take either MUS or TRE this year.
ANY QUARTER: ART 3546 (5), <i>EDU 2100 (5)</i> , <i>EDU 2300 (3)</i> — <i>must take with or after EDU 2100</i> , HIS 2502/2503 (5), UFDN 2000 (5), UCOR 2000 (5)			
Junior Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"> MAT 3562 (4) HHP 3560 (5) HHP 3545 (3) Remaining major requirements 	<ul style="list-style-type: none"> <i>EDTC 4238 (1)</i> HHP 3510 (5) Elective (5) Remaining major requirements 	<ul style="list-style-type: none"> Elective (3) Remaining major requirements 	<ul style="list-style-type: none"> It is crucial to meet with your advisor in spring of soph year to plan how to fit remaining major and common curriculum requirements into junior year.
ANY QUARTER EDRD 3516/3517 (3), HHP 3510 (5), UFDN 3100 (5), UCOR 3000 (5)			
Senior Year			
AUTUMN	WINTER	SPRING	NOTES
<ul style="list-style-type: none"> UCOR 3000/UFDN 3100 <p><u>METHODS QUARTER</u></p> <ul style="list-style-type: none"> <i>EDRD 4300 (3)</i> <i>EDSP 3108 (3)</i> <i>EDU 3105 (2)</i> <i>EDU 3205 (3)</i> <i>EDU 4400 (2)</i> 	<p><u>INTEGRATED QUARTER</u></p> <ul style="list-style-type: none"> <i>EDMA 4100 (3)</i> <i>EDSC 4250 (3)</i> <i>EDU 4205 (3)</i> <i>EDU 4941 (9)</i> 	<p><u>INTERNSHIP QUARTER</u></p> <ul style="list-style-type: none"> <i>EDU 4942 (15)</i> <i>EDU 4899 (2)</i> 	<ul style="list-style-type: none"> If you are not completing certification with your major, you will likely need to take more elective credits to reach 180 total and 60 upper division (SPU degree requirements). You must also take a capstone (HIS 4899).