

# Wellness/Fitness Management Concentration (2008-2010)

Health & Human Performance Department

35 credits

Student's Name \_\_\_\_\_ SID \_\_\_\_\_

Dept.	Course #	Course Title	Prerequisite	Cr	Offered	Compl Sem/Yr	Grade
HHP	110	Intro to Majors	None	1	F08 F09		
HHP	100-200	Activity Courses	None	2	F08 S09 F09 S10		
HHP	158	Responding to Emergencies	None	2	F08 S09 F09 S10		
HHP	160*	Principles of Healthful Living	None	2	F08 F09		
HHP	203	Aerobics	HHP 102	1	F08 S09 F09 S10		
HHP/ BIOL	264*/ 270	Human Structure & Function I	None	3	F08 F09		
HHP/ BIOL	265*/ 280	Human Structure & Function II	None	3	S09 S10		
HHP	282	Intro to Physical Assessment	None	1	F08 S09 F09 S10		
HHP	303	Personal Trainer & Group Fitness Instruction	HHP 102, 110, 158, 203, 264, 265	2	S09 S10		
HHP	312	Lifeguard Training	HHP 110	1	F08 F09		
HHP	332	Motor Learning	HHP 102, 110, 264, 265	3	S09 F09 S10		
HHP	340	Organization & Administration of Human Performance, Hlth, Athl	HHP 110, junior, min 20 credits	3	F08 S09 F09		
HHP	363*	Exercise Physiology	HHP 110, 282, 264/265, or BIOL 270/280	3	F08 S09 F09		
HHP	366*	Principles of Nutrition	HHP 110, 264//265, or BIOL 270/280	3	F08 F09		
HHP	460	Corporate & Community Fitness	HHP 110, 282, 363	3	F08 F09		
BIOL	316	Medical Terminology	None	2	S09 S10		

\*Also offered through Distance Learning

*Note: These sheets are provided only as a simplified advising form to the students and do not preclude any of the requirements set forth by the degree audit required by the Registrar's Office.*

University of Wisconsin-Superior  
Health & Human Performance  
Advising Form

Revised 4/14/2008HHP

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## Recommended Degree Completion Schedule

### Year 1 Fall Semester:

Dept.	Course #	Course Title	Cr
HHP	102	Health and Wellness	3
HHP	110	Intro to Majors	1
HHP	100-200	Activity Course	.5
HHP	100-200	Activity Course	.5
HHP	160	Princ Healthful Living	2
		Gen Eds	11

### Spring Semester:

Dept.	Course #	Course Title	Cr
HHP	158	Responding to Emergen	2
HHP	203	Aerobics	1
		Gen Eds	15

### Year 2 Fall Semester:

Dept.	Course #	Course Title	Cr
HHP	264	Structure and Function	3
HHP	100-200	Activity Course	.5
HHP	100-200	Activity Course	.5
HHP	282	Intro to Phys Assessment	1
		Gen Eds	13

### Spring Semester:

Dept.	Course #	Course Title	Cr
HHP	265	Structure and Function	3
HHP	303	Personal Trainer	2
BIOL	316	Medical Terminology	2
		Gen Eds	11

### Spring Semester:

Dept.	Course #	Course Title	Cr
HHP	312	Lifeguard Training	1
HHP	340	Org & Admin	3
HHP	363	Exercise Physiology	3
		Gen Eds	11

### Year 3 Fall Semester:

Dept.	Course #	Course Title	Cr
HHP	332	Motor Learning	3
		Gen Eds	15

### Year 4 Fall Semester:

Dept.	Course #	Course Title	Cr
HHP	366	Principles of Nutrition	3
HHP	460	Corporate Comm Fitness	3
		Gen Eds	12

### Spring Semester:

Dept.	Course #	Course Title	Cr
		Gen Eds	18

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