

- Minimum 30 of the last 60 credits earned at PennWest.
- Minimum of 19 major credits must be completed at PennWest or a State System (PASSHE) university.
- Minimum Total of 42 Credits in Advanced Coursework.

General Education

Foundations: (15-18 Credits)

First Year Seminar (3 Credits)

- ☐ FYS 1000 Navigating the First Year at PennWest

Quantitative Reasoning (3 Credits)

- ☐ _____

Written Communication (3-6 Credits)

- ☐ ENGL 1100 Intro. to Comp. & ENGL 1200 College Comp.
☐ Or ENGL 1200 College Composition

Oral Communication (3 Credits)

- ☐ _____

Technological Literacy (3 Credits)

- ☐ EXSC 1840 Technology Integration in Health and Fitness

Discoveries: (24-27 Credits)

Arts and Humanities (6 Credits)

- ☐ _____
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Social Sciences (6 Credits)

- ☐ SPT 2050 Sports Ethics and Integrity
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Natural Sciences and Technology (6 Credits)

- ☐ EXSC 1310 Applied Human Anatomy & Physiology for Exercise & Wellness I
☐ EXSC 1315 Applied Human Anatomy & Physiology for Exercise & Wellness II

Flex Discoveries (If DSP into ENGL 1200) (9 Credits)

- ☐ SPT 3000 Peak Performance in Sport
☐ _____
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Essential Skills:

Intensive Writing

- ☐ EXSC 4125 Evaluating Research in Fitness and Wellness

Capstone

- ☐ EXSC 4110 Wellness and Human Performance Capstone

General Education Notes:

If Directed Self-Placement (DSP) includes ENGL 1100, the student will complete 6 courses in Foundations and 8 courses in Discoveries. If DSP into ENGL 1200, the student will complete 5 courses in Foundations and 9 courses in Discoveries. DSP into ENGL 1100 reduces the number of Gen Ed Flex courses to 6 vs. 9.

Program Requirements

Required Major Courses: (39 Credits)

- ☐ EXSC 1100 Introduction to Fitness
☐ EXSC 3100 Business Aspects of Fitness
☐ EXSC 3105 Motivation in Wellness and Fitness
☐ **Choose one of the following:**
☐ EXSC 3150 Fitness for Special Populations
☐ Or EXSC 3233 Fitness for Wellness
☐ EXSC 3314 Kinesiology
☐ EXSC 3350 Exercise Physiology
☐ EXSC 4101 Leadership Concepts & Actions in Wellness & Fitness
☐ **Choose one of the following:**
☐ EXSC 4110 Wellness and Human Performance Capstone
☐ Or EXSC 4952 Internship in Nutrition and Fitness
☐ EXSC 4120 Trends and Issues in Fitness
☐ EXSC 4125 Evaluating Research in Fitness and Wellness
☐ **Choose one of the following:**
☐ EXSC 4130 Applications in Fitness and Wellness Research
☐ Or EXSC 4370 Research in Human Performance
☐ HLSC 3400 Sports Nutrition
☐ SPT 4000 Legal Aspects and Risk Management in Sport

Free Elective: (39 Credits)

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Suggested Four Year Course Sequence

Year 1

Fall Semester

EXSC 1100 Introduction to Fitness
FYS 1000 Navigating the First Year at PennWest
HLSC 3400 Sport Nutrition
Written Communication
General Education

Spring Semester

SPT 2050 Sports Ethics and Integrity
General Education
Flex Discoveries
Free Elective
Quantitative Reasoning

Year 2

Fall Semester

EXSC 1310 App. Anat. and Phys. for Ex. & Well. I
EXSC 1840 Technology Integration for Health and Fitness
General Education
General Education
Oral Communication

Spring Semester

EXSC 1315 App. Anat. and Phys. for Ex. & Well. II
Free Elective
Free Elective
Free Elective
Free Elective

Year 3

Fall Semester

EXSC 3100 Business Aspects of Fitness
EXSC 3105 Motivation in Fitness and Wellnes
EXSC 3350 Exercise Physiology
EXSC 4125 Evaluating Research in Fitness and Wellness
Free Elective

Spring Semester

EXSC 3150 Fitness for Special Populations
Or EXSC 3233 Fitness for Wellness
EXSC 4130 Applications in Fitness and Wellness Research
Or EXSC 4370 Research in Human Performance
Free Elective
Free Elective
SPT 3000 Peak Performance in Sport

Year 4

Fall Semester

EXSC 3314 Kinesiology
Free Elective
Free Elective
Free Elective
SPT 4000 Legal Aspects and Risk Management in Sport

Spring Semester

EXSC 4101 Leadership Concepts & Actions in Wellness & Fit.
EXSC 4120 Trends and Issues in Fitness
EXSC 4110 Wellness and Human Performan Capstone
Or EXSC 4952 Internship in Nutrition and Fitness
Free Elective
Free Elective