

**HEALTH & FITNESS UNDERGRADUATE RECORD SHEET
2017-2018**

Name:				UM ID:				Prepared By:			
Prerequisite Courses in Kinesiology				Required Core Courses in Health & Fitness				Required Supporting Courses in Kinesiology			
Course No.	Credit	Term	Grade	Course No.	Credit	Term	Grade	Course No.	Credit	Term	Grade
HF 218*	3			HF 240	3			SM 101	3		
HF 220* (W)	3			HF 242 (W)	3			SM 111	3		
HF 221* (W)	1			HF 313 (Methods Group Exercise & Fitness) (W)	3			SM 217/MVS 219	3		
HF 241	3			HF 315* (Exercise Prescript & Test) (W)	3						
MVS 110	3			HF 313 (Analytics)	3						
Total	13			HF 331 (F)	3						
OPTIONAL: Independent Study, Internships, Field Work, Reading, and Research				HF332 (W)	3						
HF 280 Research				HF 403 Internship	3						
HF 290 Field Exp				HF 451 (Physical Act Lifespan) or MVS 446 (Social Factors of Physical Activity)	3						
HF 402 Teaching Asst.				HF 434	3			Total	9		
HF 470 Independent Study/Research				HF 437 (HF 313 Sport Psych)	3						
HF 403 (additional internship)				HF 251 (W)	3			Courses Required Outside of Kinesiology			
Total				HF 333	3			Course No.	Credit	Term	Grade
				Total	9			FYWR	4		
								PSYCH 111 (SS) or 112 (NS)	4		
								MATH 105*	4		
								Total	12		
Notes:											
*Please note: This program is currently undergoing a review and the curriculum is subject to change. Students will have the option to continue in the published program or to elect the revised program requirements as approved by the Health and Fitness faculty.											
Footnotes: *Courses must be taken at UM All HF 300 and 400 level courses have enforced prerequisites of <ul style="list-style-type: none"> • MATH 105 C or Better • HF/AT 220 C or Better • HF/AT 221 C or Better Students can only transfer in 36 credits of HF required courses from outside Universities. This does not include approved study abroad courses.											

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Distribution Requirements											
Humanities (12 credits)				Natural Science/Math/Quantitative Reasoning (12 credits)				Social Science (12 credits)			
Course No.	Credits	Term	Grade	Course No.	Credits	Term	Grade	Course No.	Credits	Term	Grade
SM 101	3			MATH 105	4			PSYCH 111	4		
SM 217/MVS 219	3			MVS 110	3			SM 111	3		
				HF/AT 220	3			HF 437/HF 313	3		
				HF/AT 221	1						
				HF 313 (Analytics)	3						
Total				Total				Total			
Exceptions, Substitutions, Waivers, Other Notes											
Advisor - Please make any notes regarding approval of variations in degree program:											
Study Abroad (Optional):											
On UM campus, enroll in language, anthropology, history, archaeology, geography, or political science courses related to host country to meet distribution requirements.											
Last Reviewed:											
By: _____			Date: _____			By: _____			Date: _____		
By: _____			Date: _____			By: _____			Date: _____		