

HEALTH & FITNESS UNDERGRADUATE RECORD SHEET 2018-2019 BULLETIN

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			MVS 230	3			SM 101	3				
HF 220* (W)	3			MVS 231	1			MVS 110	3				
HF 221* (W)	1			HF 242 (W)	3			SM 217/MVS 219	3				
HF 100	2			HF 315* (Exercise Prescript & Test) (W)	3			Total	9				
HF 290 (Field Experience)	2			HF 331 (F)	3			Courses Required Outside of Kinesiology					
Total	11			HF332 (W)	3			Course No.	Credit	Term	Grade		
<i>OPTIONAL: Independent Study, Internships, Field Work, Reading, and Research: HF 280 (Research), Additional HF 290 or 403, HF 470 Independent Study</i>				HF 313 Exercise Psychology (W)	3			FYWR	4				
				HF 403 Internship	3			PSYCH 111 or PSYCH 112	4				
Course No.	Credit	Term	Grade	HF 451 (Physical Act Lifespan) (F)	3			MATH 105*	4				
				MVS 446 (Social Factors) OR HF 416 (Environmental Approaches) (W)	3			One of the Following: MVS 250/STATS 250/STATS 280/SOC 210	3 or 4				
				Total	28			Total	15 or 16				
Total	15												
Notes:													
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 													

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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			HF 437/HF 313	3		
				HF/AT 220	3						
				HF/AT 221	1						
				MVS 250/STATS 250/SOC 210	3 or 4						
Total				Total				Total			
Exceptions, Substitutions, Waivers, Other Notes Advisor - Please make any notes regarding approval of variations in degree program:											
Study Abroad (Optional): Please see Global Engagement Coordinator for more information.											
Last Reviewed: By: _____ Date: _____ By: _____ Date: _____ By: _____ _____ Date: _____ By: _____ Date: _____											