

UM KINESIOLOGY HEALTH AND FITNESS SUGGESTED 4-YEAR PROGRAM 2016-17

Year 1 –Fall	Credits	Year 1 –Winter	Credits
●SM 101 Public & Sm Grp Comm (HU)	3	● HF 220 App Anat&Phys (NS)(W)	3
●PSYCH 111(SS)/112(NS) Intro Psych	4	▶ MVS110	
●MVS110	3	● HF 221 Lab (NS)(W)	1
● MATH 105 Data, Funct, Graphs (NS)	4	●AT 115 Prevention & Care Ath Inj (W)	3
		●First Year Writing Requirement	4
		●HF 251 Tech in Health & Fitness (W)	3
	14		14
Year 2 –Fall		Year 2 –Winter	
●SM 217/MVS 219(HU)	3	●HF 332 Princ of Motor Behavior (W)	3
▶ Sophomore Status		●HF 242 Essentials of Exerc Phys (W)	3
●HF 240 Intro to Health Fitness (F)	3	▶ HF/AT 220	
●SM 111 Hist&Soc Base HumMvmt (SS)	3	▶ MVS110	
●HF 313 Analytics (F)	3	●HF 313 Methods Group Fitness Instr	3
●HF 241 Exercise Nutrition Wgt Cntrl(F)	3	<i>Electives or Distribution</i>	6
	15		15
Year 3 –Fall		Year 3 –Winter	
●HF 333 Legal Issues in Sport & Fit	3	● HF 315 Exercise Pres & Testing(W)	3
▶ Junior Status		▶ HF 242	
●HF 331 Biomechanics Sport & Exerc (F)	3	●AT 420 Pharm for Allied Hlth Prof (W)	3
▶ HF 251		▶ HF/AT 220	
▶ SM 217/MVS 219		▶ *CHEM 130	
● HF 218 Emergency Response	3	●SM 346 Principles of Marketing (W)	3
●HF 437 Psy Asp Sprt&Exer (SS)(F)	3	▶ Junior Status	
▶ Junior Status		<i>Electives or Distribution</i>	6
<i>Electives or Distribution</i>	4		15
	16		
Year 4 –Fall		Year 4 –Winter	
●HF 403 Internship	3	● HF 434 Managerial Ethics Sport & Fitness Industries (F/W/Sp)	3
▶ HF 313 Exercise Prescription		▶ Junior Status	
▶ HF 218			
▶ SM217		●HF 425 Phys Activity & Ped Disab	3
▶ Junior Status & 2.5 GPA		▶ Junior or Senior Status	
●HF 451 Physical Act Across Lifespan (F)	3	●MVS 446 Soc Factors in PA Behav(W)	3
▶ *MVS 340 or HF 242		▶ *MVS 340 or HF 242	
▶ *SM 217		▶ *SM 217/MVS 219	
AT 326 Fund of Strength & Cond (F)	3	<i>Electives</i>	7
<i>Electives</i>	6		16
	15		

▶ Prerequisite

▶ *Advisory Prerequisites

All HF 300 and 400 level courses have enforced prerequisites of

- MATH 105 C or Better
- HF/AT 220 C or Better
- HF/AT 221 C or Better

Must be taken at UofM

***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.**