

U of M School of Kinesiology
Health and Fitness
SAMPLE 4-year Program 2018-19

Year 1 –Fall	Credits	Year 1 –Winter	Credits
●MVS110: Bases of Human Movement	3	● HF 220 Physiology (NS)(W)	3
● MATH 105 Data, Funct, Graphs (NS)	4	● HF 221 Lab (NS)(W)	1
● HF 218 Emergency Response	3	●First Year Writing Requirement	4
●HF 100 Intro to Health & Fitness	2	●SM 101 Public Speaking	3
<i>Electives or Distribution</i>	3	●PSYCH 111 or 112	4
	15		15
Year 2 –Fall		Year 2 –Winter	
●SM 217/MVS 219(HU) ▶Sophomore Status	3	● HF 332 (W)	3
●MVS 230 Anatomy Lecture	3	● HF 242 Essentials of Exerc Phys (W) ▶HF/AT 220	3
●MVS 231 Anatomy Lab	1		
●HF 290 Experience	2	<i>Electives or Distribution</i>	9
● Statistics (MVS 250/STATS 250)	4		
			16
	13		
Year 3 –Fall		Year 3 –Winter	
●HF 331 Biomechanics Sport & Exerc (F) ▶SM 217/MVS 219	3	● HF 315 Exercise Pres & Testing(W) ▶*HF 242 ▶HF 218	3
● HF Concentration Courses ▶Select Management or Clinical Track	6	●HF 332 Princ of Motor Behavior (W)	3
		●HF 437/313 Psychology of Exer (SS)(W) ▶ Junior Status	3
<i>Electives or Distribution</i>	7		
		<i>Electives or Distribution</i>	6
	16		15
Year 4 –Fall		Year 4 –Winter	
●HF 403 Internship ▶HF 315 Exercise Prescription ▶HF 218 ▶SM 217 ▶ Junior Status & 2.5 GPA	3	●MVS 446 Soc Factors OR HF 416 Environmental Factors (W) ▶MVS 340 or HF 242 ▶SM 217/MVS 219	3
●HF 451 (F) Physical Act Across Lifespan ▶*MVS 340 or HF 242 ▶*SM 217	3	HF Concentration Courses	6
● HF Concentration Course	3	<i>Electives or Distribution</i>	3
			15
<i>Electives or Distribution</i>	6		
	15		
▶ Prerequisite			
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 			
Must be taken at UofM			