

SUNY CANTON BT: HEALTH AND FITNESS PROMOTION (2254)  
CURRICULUM CHECK SHEET: FALL 2023

1 <sup>st</sup> Semester – Fall = 16 Credits				Term	Grade
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3			
BIOL 217	Anatomy & Physiology I (GER 5)	4			
ENGL 101	Composition & The Spoken Word (GER 1/2)	3			
PSYCH 101	Introduction to Psychology (GER 7)	3			
	GER (6,8,9,10,11)	3			
2 <sup>nd</sup> Semester – Spring = 16-17 Credits					
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3			
BIOL 218	Anatomy & Physiology II	4			
	Math (GER 4)*	3-4			
	DEISJ Elective (GER 3)	3			
	GER (6,8,9,10,11)	3			
3 <sup>rd</sup> Semester – Fall = 16 Credits					
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3			
PSYC 225	Human Development	3			
ACCT 101 OR PHYS 121 & 125	Foundations of Financial Accounting OR College Physics I & Lab	4			
	General Elective	3			
	General Elective	3			
4 <sup>th</sup> Semester – Spring = 15-17 Credits					
HEFI/HLTH/PHTA/BSAD	L/L Program Elective	3			
HEFI 203 OR PHTA 205	Motor Development OR Neuromuscular Pathologies	3-4			
HEFI 300 OR PHTA 102	Biomechanics OR Kinesiology	3			
BSAD 201 OR PHYS 122/126	Business Law I OR College Physics II & Lab	3-4			
	General Elective (must be U/L if needed)	3			
5 <sup>th</sup> Semester – Fall = 15-16 Credits					
HEFI 303	Exercise Physiology	3			
CHEM 150 OR BSAD 301	College Chemistry I OR Principles of Management	3-4			
MATH 141	Statistics	3			
	General Elective	3			
	General Elective (must be U/L if needed)	3			
6 <sup>th</sup> Semester – Spring = 16-17 Credits					
CHEM 155 OR SPMT 306	College Chemistry II OR Sports Operations & Facilities Management	3-4			
HEFI 401	Fitness Assessment & Exercise Prescription	4			
HEFI 375	Fitness and Sports Nutrition	3			
HEFI 405	Current Issues in Health & Fitness (WI)	3			
	General Elective	3			
7 <sup>th</sup> Semester – Fall = 13					
	General Elective (must be U/L if needed)	3			
HEFI 406	Orientation to Culminating Experience	1			
HEFI 404	Organization & Administration in Health Pro.	3			
HEFI 402	Strength and Conditioning	3			
	U/L Program Elective	3			
8 <sup>th</sup> Semester – Spring = 12-15 Credits					
	Health & Fitness Internship (407) and/or U/L Program Electives	12-15			
HEFI 407	Internship and/or				
	U/L PE				
	U/L PE				
	U/L PE				
	U/L PE				
	U/L PE				
	TOTAL CREDITS MUST REACH 120-124				

Students need to pass a total of 30 GER credits with a course in at least 7 of the 10 categories (four categories are required-BOLDED BELOW)

- | Required Categories                              | SEM | GR. |
|--|-----|-----|
| (1) Communication: Written                       |     |     |
| (2) Communication: Oral                          |     |     |
| (3) Diversity: Equity, Inclusion, Social Justice |     |     |
| (4) Mathematics & Quantitative Reason.           |     |     |
| (5) Natural Science & Scientific Reason.         |     |     |
| (6) Humanities                                   |     |     |
| (7) Social Science                               |     |     |
| Intro to Psychology                              |     |     |
| (8) The Arts                                     |     |     |
| (9) US History & Civil Engagement                |     |     |
| (10) World History & Global Awareness            |     |     |
| (11) World Languages                             |     |     |

**REPEATED CATEGORIES**

\*Students who wish to pursue a DPT Or wish to take Physics must take College Algebra (MATH 121) for Their required GER Math

**ADVISING NOTES**

Revised April 2023

Suggested Program Electives (other courses may be accepted for upper level program electives with approval from Program Director)

HEFI 310	Advanced Care and Prevention of Athletic Injuries	PSYC 320	Psychology of Health & Fitness
HEFI 403	Community Wellness	HLTH 303	Occupational Health & Safety
HEFI 408	Exercise Prescription for Special Populations	BIOL 310	The Genome
HEFI 409	Applied Exercise Prescription	BIOL 325	Biology in Society
HEFI 410	Applied Strength & Conditioning	BIOL 335	Pathophysiology
SPMT 306	Sports Operations and Facilities Management	SSCI 315	Death, Dying & Bereavement
SPMT 330	Psychology of Sport & Exercise	SSCI 370	Research Methods in Social & Health Sciences
SOCI 320	Sociology of Health, Illness & Healthcare		

STUDENT \_\_\_\_\_