

**Possible Plan of Study  
Integrated Studies - Health and Fitness**

**Year 1**

Fall		Winter		Spring	
UCOL 1000	1	WRI 1000/WRI 1100	5	WRI 1100/UFDN 1000	5
WRI 1000/UFDN 1000	5	PHY 2568	4	BIO 2571	5
PHY 2567	3	HHP 1301	3	COM 1101/1321	5
HHP 2195	5				
Credits	14 Credits		12 Credits		15

**Year 2**

Fall		Winter		Spring	
POL 1120	5	MAT 1560	4	MAT 2561	4
EDU 2100	5	EDRD 2000	3	TRE 3800	3
HHP 3555	5	EDU 2300	3	UFDN/UCOR 2000	5
		UFDN/UCOR 2000	5	FCS 2385	5
Credits	15 Credits		15 Credits		17

**Year 3**

Fall		Winter		Spring	
MUS 3501	3	EDTC 4238	1	ART 3546	3
MAT 3562	4	HHP 3510	5	EDRD 3516	3
HHP 3560	5	Elective	5	HIS 2503	5
HHP 3545	3	Elective	3	UFDN 3100/UCOR 3000	5
Credits	15 Credits		14 Credits		16

**Year 4**

Fall		Winter		Spring	
Methods Quarter	11	Integrated Quarter	18	Internship Quarter	18
UFDN 3100/UCOR 3000	5				
Credits	16 Credits		18 Credits		18

Assumes student has completed Foreign Language Requirement