COL 101 Freshman Seminar						
Big	Suffolk Community College			Hofstra University		
BIO 130 Anatomy and Physiology I 4 BIO 103 Human Anatomy and Physiology I COL 101 Feshman Seminar 1.5 September Septem		A.S. in Fitness Specialist			B.S. in Exercise Science	
BIO 130 Anatomy and Physiology I 4 BIO 103 Human Anatomy and Physiology I COL 101 Feshman Seminar 1.5 September Septem	Ft C					_
COLI 101 Feschman Seminar 1.5 No Equivalent 1.5 No Equiv		A material and Dharial and Y	4	DIO 102	III A material and Dhamistan I	2
COM 101 Introduction to Human Communication 3 SPCM 001 Oral Communication 1 Standard Freshman Composition 3 WSC 001 Composition 1 PPS 111 Nutrition and Human Performance 3 HPR 114 Applied Nutrition, Diet and Exercise 1 1 1 1 1 1 1 1 1					Human Anatomy and Physiology I	3
ENG 101 Standard Freshman Composition 3 WSC 001 Composition PFS 111 Nutrition and Human Performance 3 HPR 114 Applied Nutrition, Diet and Exercise 1-2 PESP Elective 1-3 1-3 1-4 1-3 1-3 1-4 1-3 1-3 1-4 1-3 1-3 1-3 1-3 1-4 1-3 1					0.10	0
PES 111 Nutrition and Human Performance 3					0.101	3
Physical Education Elective Recommended: PE 55 or 56/PED 155 or 156 Total 13-14 Second Semester BIO 132 Anatomy and Physiology II ENG 102 Introduction to Literature BIO 132 Safety, First Aid and CPR PESP 113 Conditioning Physical Education Elective Recommended PE 47 or 61/PED 147 or 161 PSY 101 Introduction to Psychology BY 102 Introduction to Psychology BY 103 Introduction to Psychology BY 104 Introduction to Psychology BY 105 Introduction to Psychology BY 106 Introduction to Psychology BY 107 Introduction to Psychology BY 101 Introduction to Psychology BY 102 Introduction to Psychology BY 103 Introduction to Psychology BY 104 Introduction to Psychology BY 105 Introduction to Psychology BY 105 Introduction to Psychology BY 105 Introduction to Psychology BY 106 Introduction to Psychology BY 107 Introduction to Psychology BY 106 Introduction to Psychology BY 107 Introduction to Psychology BY 106 Introduction to Psychology BY 107 Introduction to Psychology BY 108 Introduction to Psychology BY			_			3
Total Second Senester Sen					Applied Nutrition, Diet and Exercise	3
Second Semester BIO 132 Anatomy and Physiology II 4 BIO 105 Human Anatomy and Physiology II 5 ENG 102 Introduction to Literature 3 WSC 002 Composition 5 Composition	7	Recommended: PE 55 or 56/PED 155 or 156				
BIO 132 Anatomy and Physiology II 4 BIO 105 Human Anatomy and Physiology II 5 BIO 102 Introduction to Literature 3 WSC 002 Composition 5 Composition 5 Composition 5 Composition 5 Composition 5 Composition 5 Composition 6 Composition 6 Composition 6 Composition 6 Composition 6 Composition 7 Composition 8 Compo	Total		15.5-16.5	Total		13-14
ENG 102	Second Semester					
HSC 112 Safety, First Aid and CPR Exercise Leadership and Concepts of Aerobic Conditioning PES 113 Conditioning PES 114 PES 115 Exercise Leadership and Concepts of Aerobic Conditioning PES 115 PES 116 PES 117 PES 117 PES 118 PES	BIO 132	Anatomy and Physiology II			Human Anatomy and Physiology II	3
PFS 113 Exercise Leadership and Concepts of Aerobic Conditioning Physical Education Elective Recommended PE 47 or 61/PED 147 or 161 PSY 101 Introduction to Psychology 3 PSY 001 or 001A Introduction to Psychology 15-16 Introduction to Psychology 16-17 Introduction to Psychology 16-17 Introduction to Psychology 16-18 Introduction to Introduction to Psychology 16-18 Introduction to Psychology 16-18 Introduction to Psychology 16-18 Introduction to Psychology 16	ENG 102		3	WSC 002		3
Preside Education Elective Recommended PE 47 or 61/PED 147 or 161 1-2 PESP Elective 1-1-2 PESP Elective 1-	HSC 112		3	PESP 60	First Aid and Safety	3
Physical Education Elective Recommended PE 47 or 61/PED 147 or 161 PSY 101 Introduction to Psychology 3 PSY 001 or 001A Introduction to Psychology 15-16 Total Total 16-17 Total 16-17 Total 15-16 Humanities Elective Humanities Elective Mathematics Elective Exercise Leadership and Concepts of Muscle Conditioning PFS 201 Exercise Leadership and Concepts of Muscle Conditioning PFS 205 Fitness Assessment and Screening PFS 209 Kinesiology Social Science Elective Total Total 16-17 Total 16-17 Total 16-17 Total PESP 25 Fitness for Life PFS 209 Social Science Elective Total Total 16-17 Total 16-	PFS 113		2	PESP 111B	Aerobic Dance	2
PSY 101 Introduction to Psychology 16-17 Total 16-17 Total 15-16 Third Semester Humanities Elective 3 Humanities Elective Liberal Arts Elective Liberal Arts Elective 2-18-18-18 PFS 201 Exercise Leadership and Concepts of Muscle Conditioning 2-18-18 PFS 201 Exercise Leadership and Concepts of Muscle Conditioning 2-18-18 PFS 201 Exercise Leadership and Concepts of Muscle Conditioning 2-18-18 PFS 202 Exercise Leadership and Concepts of Muscle Conditioning 2-18-18 PFS 203 Fitness Assessment and Screening 2-18-18 PFS 204 Exercise Leadership and Concepts of Muscle Conditioning 2-18-18 PFS 205 Fitness Assessment and Screening 2-18-18 PFS 209 Kinesiology 3-18-19 PFS 209 Social Science Elective Contemporary Society 3-18-19 Total 16-17 Total 3-18-19 PFS 210 Exercise Leadership and Concepts of Muscle Conditioning 4-18-19 PFS 209 Fitness Assessment and Screening 3-18-19 PFS 209 Structural and Mechanical Kinesiology 3-18-19 Total 16-17 Total 5-16 Total 5-16 Total 5-16 Total 5-16 Total 6-18-19-19 Total 18-19	Physical Education Elective	Recommended PE 47 or 61/PED 147 or 161	1-2	PESP Elective		1-2
Total Third Semester Humanities Elective Mathematics Elective Mathematics Elective Exercise Leadership and Concepts of Muscle Conditioning PFS 201 Exercise Leadership and Concepts of Muscle Conditioning PFS 205 Fitness Assessment and Screening PFS 209 Kinesiology Social Science Elective Total Total Total Total 16-17 PESP 38B Weight Training Weight Training PESP 106 Structural and Mechanical Kinesiology Social Science Elective Social Science Elective Total Tota	,		3	PSY 001 or 001A	Introduction to Psychology	3
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experiences must be completed in residence at Note: A maximum of 64 semester hours taken at a		major field of specialization, including two field				
					Note: A maximum of 64 semester hours taken at a	
		Hofstra.			two year institution may be applied to this degree.	