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| Major/Program | Fitness & Wellness |
| College | Education |
| Department | Physical Education/Exercise Science |
| Contact | Sarah Hunt-Barron, Dean |

2023-2024

Lander University

4-Year Major Guide

| | First Semester | | | Second Semester | | | TOTALS |
|-------------------------|-------------------------|---|----------------------|---|--|-------|----------------------------|
| | Course | Notes | Hours | Course | Notes | Hours | |
| First Year | ENGL 101 | Core Academic Skills (General Educatio | 3 | ENGL 102 | Core Academic Skills (General Education) | 3 | Yearly Totals 31 |
| | General Education | Humanities and Fine Arts | 3 | General Education | Behavioral and Social Perspectives | 3 | |
| | General Education | Behavioral and Social Perspectives | 3 | General Education | Humanities and Fine Arts | 3 | |
| | Laboratory Science | Scientific and Mathematical Reasoning (General Education) | 4 | Mathematics | Core Academic Skills (General Education) | 3 | |
| | LINK 101 | LINK 101 | 1 | PEES 219 | | 3 | |
| | PEES 175 | | 2 | | | | |
| | Subtotal | | | Subtotal | | | |
| | | | 16 | | | 15 | |
| Second Year | First Semester | | | Second Semester | | | Yearly Totals 30 |
| | Course | Notes | Hours | Course | Notes | Hours | |
| | Elective | | 3 | Elective | | 3 | |
| | Elective | | 3 | Elective | | 3 | |
| | HIST 111R, | Founding Documents (General Education) | 3 | General Education | World Cultures | 3 | |
| | HIST 112R, or | | | | | | |
| POLS 101R | | | MATH 211 | Scientific and Mathematical Reasoning (General Education) | 3 | | |
| PEES 100-level activity | 100-Level Sport/Fitness | 1 | PEES 202 | | 3 | | |
| PEES 210 | | 4 | | | | | |
| PEES 283 | | 1 | | | | | |
| | Subtotal | | | Subtotal | | | |
| | | | 15 | | | 15 | |
| Third Year | First Semester | | | Second Semester | | | Yearly Totals 30 |
| | Course | Notes | Hours | Course | Notes | Hours | |
| | Elective | | 3 | Elective | | 3 | |
| | PEES 100-level activity | 100-Level Sport/Fitness | 1 | Elective | | 3 | |
| | PEES 144 | | 1 | Elective | | 3 | |
| | PEES 199 | | 2 | PEES 100-level activity | 100-Level Sport/Fitness | 1 | |
| PEES 308 | | 3 | PEES 326 or PUBH 236 | | 3 | | |
| PEES 311 | | 4 | PEES 405 | | 3 | | |
| | Subtotal | | | Subtotal | | | |
| | | | 14 | | | 16 | |
| Fourth Year | First Semester | | | Second Semester | | | Yearly Totals 29 |
| | Course | Notes | Hours | Course | Notes | Hours | |
| | Elective | | 3 | Elective | | 3 | |
| | Elective | | 3 | Elective | | 3 | |
| | Elective | | 3 | PEES 300 or PEES 424 | | 3 | |
| | PEES 100-level activity | 100-Level Sport/Fitness | 1 | PEES 491 | | 3 | |
| PEES 402 | | 3 | PEES 499 | | 1 | | |
| PEES 490 | | 3 | *FALS 101 | Univeristy Requirement | 0 | | |
| | Subtotal | | | Subtotal | | | |
| | | | 16 | | | 13 | |

* FALS Requirement Temporarily Suspended

Total Hours Required: 120