

Major/Program	Fitness and Wellness
College	College of Nursing, Human Performance, and Health Sciences
Department	Exercise Science & Human Performance
Contact	TBD, Dean

2025-2026

Lander University

4-Year Major Guide

		First Semester	Second Semester																																																						
First Year		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Course</th> <th>Notes</th> <th>Hours</th> </tr> </thead> <tbody> <tr> <td>ENGL 101</td> <td>Core Academic Skills (General Education)</td> <td>3</td> </tr> <tr> <td>General Education</td> <td>Humanities and Fine Arts</td> <td>3</td> </tr> <tr> <td>General Education</td> <td>Behavioral and Social Perspectives</td> <td>3</td> </tr> <tr> <td>Laboratory Science</td> <td>Scientific and Mathematical Reasoning (General Education)</td> <td>4</td> </tr> <tr> <td>EXSC 175</td> <td></td> <td>2</td> </tr> <tr> <td>LINK 101</td> <td>LINK 101</td> <td>1</td> </tr> <tr> <td colspan="2"></td> <td style="text-align: right;">Subtotal</td> <td>16</td> </tr> </tbody> </table>	Course	Notes	Hours	ENGL 101	Core Academic Skills (General Education)	3	General Education	Humanities and Fine Arts	3	General Education	Behavioral and Social Perspectives	3	Laboratory Science	Scientific and Mathematical Reasoning (General Education)	4	EXSC 175		2	LINK 101	LINK 101	1			Subtotal	16	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Course</th> <th>Notes</th> <th>Hours</th> </tr> </thead> <tbody> <tr> <td>ENGL 102</td> <td>Core Academic Skills (General Education)</td> <td>3</td> </tr> <tr> <td>General Education</td> <td>Behavioral and Social Perspectives</td> <td>3</td> </tr> <tr> <td>General Education</td> <td>Humanities and Fine Arts</td> <td>3</td> </tr> <tr> <td>Mathematics</td> <td>Core Academic Skills (General Education)</td> <td>3</td> </tr> <tr> <td>EXSC 219</td> <td></td> <td>3</td> </tr> <tr> <td colspan="2"></td> <td style="text-align: right;">Subtotal</td> <td>15</td> </tr> </tbody> </table>	Course	Notes	Hours	ENGL 102	Core Academic Skills (General Education)	3	General Education	Behavioral and Social Perspectives	3	General Education	Humanities and Fine Arts	3	Mathematics	Core Academic Skills (General Education)	3	EXSC 219		3			Subtotal	15	TOTALS						
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Total Hours Required: 120