

Major/Program	Fitness & Wellness	<i>Lander University</i> <i>4-Year Major Guide</i>
College	Nursing, Human Performance and Health Sciences	
Department	Exercise Science and Human Performance	
Contact	Holisa Wharton, Dean	
2026-2027		

First Year	First Semester			Second Semester			TOTALS		
	Course	Notes	Hours	Course	Notes	Hours			
	ENGL 101	Category A: Core Academic Skills	3	ENGL 102	Category A: Core Academic Skills	3			
	Lab Science	Category D: Scientific & Mathematical Reasoning	4	EXSC 219	Historical & Phil Principles of PE & Exercise Science	3			
	Gen Ed	Category B: Humanities & Fine Arts	3	Mathematics	Category A: Core Academic Skills	3			
	Gen Ed	Category C: Behavioral & Social Perspectives	3	Gen Ed	Category C: Behavioral & Social Perspectives	3			
	LINK 101	Category G: LINK 101	1	Gen Ed	Category B: Humanities & Fine Arts	3			
	EXSC 175	Wellness for Life	2						
			Subtotal		16				
			Subtotal		15	→		Yearly Totals	31
Second Year	First Semester			Second Semester					
	Course	Notes	Hours	Course	Notes	Hours			
	HIST 111R/112R or POLS 101R	Category E: Founding Documents of the US	3	EXSC 202	Personal Health and Health Promotion	3			
	PETE 100-level activity	100-Level Sport/Fitness	1	MATH 211	Category D: Scientific & Mathematical Reasoning	3			
	EXSC 210	Anatomy and Physiology of Human Movement	4	Gen Ed	Category F: World Cultures	3			
	EXSC 283	Introduction to Exercise Science and Fitness and Wellness	1	Elective	Recommended: PETE 228	3			
	Elective	Recommended: PETE 226	3	Elective	Elective	3			
	Elective	Recommended: PETE 223 and PETE 100-Level activity	3						
			Subtotal		15				
			Subtotal		15	→		Yearly Totals	30
Third Year	First Semester			Second Semester					
	Course	Notes	Hours	Course	Notes	Hours			
	PETE 100-level activity	100-Level Sport/Fitness	1	PETE 100-level activity	100-Level Sport/Fitness	1			
	PETE 144	Beginning Weight Training	1	EXSC 326	Nutrition	3			
	EXSC 199	Adult CPR & First Aid	2	EXSC 405	Fitness Assessment and Programming	3			
	EXSC 308	Org & Admin of Exercise-Related Professions	3	PUBH 346	Wellness and Aging	3			
	EXSC 311	Physiology of Exercise	4	EXSC 302	Applied Movement Analysis	3			
	Elective	Elective	3	Elective	Elective	3			
			Subtotal		14				
			Subtotal		16	→		Yearly Totals	30
Fourth Year	First Semester			Second Semester					
	Course	Notes	Hours	Course	Notes	Hours			
	PETE 100-level activity	100-Level Sport/Fitness	1	EXSC 300 or EXSC 424	Theories of Coaching OR Sports Psychology	3			
	EXSC 402	Principles of Strength & Conditioning	3	EXSC 491	Internship II	3			
	EXSC 490	Internship I	3	EXSC 499	Professional Concern Seminar	1			
	Elective	Elective	3	Elective	Elective**must be 300/400 level	3			
	Elective	Elective	3	Elective	Elective	3			
	Elective	Elective**must be 300/400 level	3						
			Subtotal		16				
			Subtotal		13	→		Yearly Totals	29

Total Hours Required: 120

**Students must complete 30 hours of upper-level classes.