

Major/Program	Fitness and Wellness
College	Nursing, Human Performance, and Health Sciences
Department	Exercise Science and Human Performance
Contact	Holisa Wharton, Dean

2026-2027

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 Education)	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	
	EXSC 175		2	EXSC 219		3	
	LINK 101	LINK 101	1				
	Subtotal		16	Subtotal		15	
Second Year	Elective		3	Elective		3	Yearly Totals 30
	Elective		3	Elective		3	
	HIST 111R, HIST 112R, or POLS 101R	Founding Documents (General Education)	3	General Education	World Cultures	3	
	PETE 100-level activity	100-Level Sport/Fitness	1	MATH 211	Scientific and Mathematical Reasoning (General Education)	3	
	EXSC 210		4	EXSC 202		3	
	EXSC 283		1				
	Subtotal		15	Subtotal		15	
Third Year	Elective		3	Elective		3	Yearly Totals 30
	PETE 100-level activity	100-Level Sport/Fitness	1	Elective		3	
	PETE 144		1	Elective		3	
	EXSC 199		2	PETE 100-level activity	100-Level Sport/Fitness	1	
	EXSC 308		3	EXSC 326 or PUBH 236		3	
	EXSC 311		4	EXSC 405		3	
	Subtotal		14	Subtotal		16	
Fourth Year	Elective		3	Elective		3	Yearly Totals 29
	Elective		3	Elective		3	
	Elective		3	EXSC 300 or EXSC 424		3	
	PETE 100-level activity	100-Level Sport/Fitness	1	EXSC 491		3	
	EXSC 402		3	EXSC 499		1	
	EXSC 490		3				
	Subtotal		16	Subtotal		13	

Total Hours Required: 120

All Fitness and Wellness majors must earn a "C" or better in all Major Program Core Requirements and all Major Program Additional Requirements