

Program Requirements

PROGRAM REQUIREMENTS

DEGREE: BACHELOR OF SCIENCE

MAJOR: INTERDISCIPLINARY STUDIES: Fitness & Wellness Services

AREA 1: Fitness & Wellness

AREA 2: Human Services

Credit Hours

GENERAL EDUCATION REQUIREMENTS (For approved courses, see www.lander.edu/gen-ed.)

A. Core Academic Skills (9 hours)

ENGL 101: Writing and Inquiry I	3
ENGL 102: Writing and Inquiry II	3
MATH 211: Statistical Methods I	3

B. Humanities and Fine Arts 6

(6 hours selected from 2 different disciplines)	6
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C. Behavioral and Social Perspectives

PSYC 101 or 102	3
SOCI 101	3

D. Scientific and Mathematical Reasoning

(7 hours selected from 2 different disciplines, 1 lab science required)	
Mathematics or non-lab science	3
Laboratory Science	4

E. Founding Documents of the United States

HIST 111R: United States History to 1877, or HIST 112R: US History after 1877, or POLS 101R: American National Government	3
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F. World Cultures 3

G. LINK 101: Leadership, Involvement, Networking and Knowledge 1

LINK 101 is required of all new transfer students who have earned less than 24 credit hours of college-level work and all first-time freshmen.

TOTAL GENERAL EDUCATION REQUIREMENTS 35

If all of the General Education requirements are met and/or waived, and the credit hours do not add up to at least 30, the General Education requirements are not complete. If below 30, additional General Education courses from any category must be taken until the total hours add up to at least 30 hours.

*MAJOR PROGRAM CORE REQUIREMENTS

IDS 101: Introduction to Interdisciplinary Studies	3
IDS 499: Interdisciplinary Capstone Seminar	3
TOTAL MAJOR PROGRAM CORE REQUIREMENTS	6

*MAJOR PROGRAM #1 REQUIREMENTS: Fitness & Wellness (18 hours at the 300/400-level)

EXSC 175: Wellness for Life	2
EXSC 202: Personal Health and Health Promotion	3
EXSC 210: Anatomy and Physiology of Human Movement or BIOL 202: Human Anatomy	4
EXSC 219: Historical & Philosophical Principles of Physical Ed & Exercise Sci	3
EXSC 283: Introduction to Exercise Science	1
EXSC 308: Organization and Administration of Exercise-Related Professions	3

EXSC 311: Physiology of Exercise	4
EXSC 302: Applied Movement Analysis -OR- EXSC 310: Kinesiology & Exercise Biomechanics	3-4
7-8 additional credit hours in EXSC at the 300/400 level	7-8*
<i>*Students need 18 credit hours+ total at the 300/400-level for this field.</i>	
<i>The number of additional hours needed for this category depends on whether they select EXSC 302 (3) or EXSC 310 (4) above.</i>	
TOTAL MAJOR PROGRAM #1 REQUIREMENTS	31
*MAJOR PROGRAM #2 REQUIREMENTS (12 hours at the 300/400-level)	
HUS 201: Introduction to Human Services	3
PSYC 203: Developmental Psychology	3
PSYC 212: Interviewing and Counseling	3
12 hours at the 300/400-level in HUS, SW, PSYC, and SOCI, chosen from at least 2 disciplines:	12
TOTAL MAJOR PROGRAM #2 REQUIREMENTS	21
TOTAL MAJOR PROGRAM REQUIREMENTS	58
ADDITIONAL ELECTIVES	27
TOTAL FOR BS DEGREE	120

*Students must earn a “C” or better in all program requirement courses.

Coursework must include at least 30 credit hours earned at 300-level or above, of which 12 credit hours must be in the major.

Approved for ongoing use 5/26 by J. Barfield, H. Wharton, M. Cleveland, and L. McMillan.

This curriculum replaces the existing Exercise Science & Human Services IDS plan approved in 2022.