

Spring Arbor University

Advising Guide

NAME _____

ID _____

ADVISOR _____

MAJOR: HEALTH EXERCISE SCIENCE			45 Hours
Have	Need	Grade	
0	4		BIO 263 Human Anatomy & Physiology
0	0		
0	4		CHE 101 Intro to Chemistry OR
0	0		CHE 111 General Chemistry
0	0		
0	3		HPR 151 Intro to Health, Perf, Rec
0	3		HPR 153 Phys Fitness, Health, Wellness
0	2		HPR 178 Aerobic Activities
0	2		HPR 179 Strength & Power Training
0	0		
0	2		HES 345 Principles of Exer Prescription
0	3		HES 351 Statistics
0	3		HES 365 Pharmacology & Med Tech
0	3		HES 381 Nutrition & Energy Metab
0	3		HES 382 Functional Anatomy & App
0	3		HES 462 Cardio Function & Electrophys
0	4		HES 473 Analysis of Hum Movement
0	3		HES 474 Physiology of Exercise
0	2		HES 475 Physiology of Exercise Lab
0	1		HES 480 Senior Seminar
0	45		Total
PREREQUISITE			4 Hours
Have	Need	Grade	
0	4		BIO 111 Introductory Biology I
0	4		Total

CORE			
Have	Need	Grade	
0	3		COL 100 Discovery in the Liberal Arts
0	3		COL 200 Christian Faith
0	1		COL 274 Cross Cultural Orientation
0	3		COL 275 Cross Cultural Studies
0	3		COL 300 The Christian Faith: It's Practices
0	3		COL 400 The Christian-Contemporary World
0	16		Total
WRITING ~ ORAL COMMUNICATION ~ PHYSICAL FITNESS			
0	3		ENG 104 College Writing*
0	3		ENG 304 Writing and Research**
0	0	*	HPR 101 Personal Health & Wellness
0	2		SPE 100 Oral Comm <i>or</i> SPE 212 Fund.*
0	8		Total
<p>* A 2.0+ GPA is required in ENG 104 and SPE.</p> <p>** ENG 304 is waived by successful completion of the junior writing proficiency.</p>			
LIBERAL ARTS REQUIREMENTS			
0	2		ART 152 Art Foundations
0	2		MUS 152 Music Foundations
0	3		ENG 112 World Literature
0	0	*	Lab Science
0	0	*	MAT 101 <i>or</i> 104 <i>or</i> higher
0	3		PHI 200 Intro to Phil <i>or</i> PHI 210 Worldviews
0	3		BIB 217 Survey of the Old Testament
0	3		BIB 218 Survey of the New Testament
0	3		HIS 121 <i>or</i> 122 <i>or</i> 141 <i>or</i> 142 <i>or</i> 221
0	3		ECN <i>or</i> PSY <i>or</i> SOC
0	22		Total
* This requirement is fulfilled by a course taken in the major.			

SUMMARY	
Date of Evaluation: _____	Date of last revision: _____
Teacher Certification: No <input checked="" type="checkbox"/> Elementary <input type="checkbox"/> Secondary <input type="checkbox"/>	
Anticipated Graduation Date : _____ Combined GPA : _____	
Transcripts evaluated : _____	

	Need		Need		Need
COL		Major		Minor	
Comm		Prerequisite		Support	
LAR					
Electives					
Transfer Hours (max of 68 community college hrs)					
SAU Hours					
Total Hours Needed 0 (124 hours)					
Upper Level Hours Completed (40 hours)					