

## What can you do with a Health & Fitness Education major from SPU?

The Health and Fitness Education major at Seattle Pacific University builds a strong foundation in the application and pedagogy of human movement science. You are prepared for leadership positions in a variety of fields in which you can promote healthy lifestyles for people of all ages. Whether you plan to become a certificated teacher, a coach, or another type of health care or fitness professional, a Health and Fitness Education degree from SPU gives you the skills and knowledge base you need.

### Potential occupations include:

- Athletic Coach
- Fitness Center Trainer
- Personal Trainer
- Athletic Trainer
- Health Promotion Specialist
- Wellness Coach
- Community Recreational Director
- K-12 Health/Fitness Teacher
- Wellness Program Manager

### Other majors at SPU with similar requirements in the first two years

Exercise Science

### Suggested transfer preparation at Seattle Central College

Associate of Arts (AA-DTA)

### Courses in the major you may complete at Seattle Central College

Seattle Central College Courses	Equivalent SPU Courses
BIOL& 241 Human Anatomy & Physiology I (5) – and – BIOL& 242 Human Anatomy & Physiology II (5)	BIO 2129 Human Anatomy & Physiology (5) – and – BIO 2130 Human Anatomy & Physiology (5)

*Note: Only courses with a regular grade of 1.7 (C-) or higher may count toward a major or minor.*

### Admission to the major

If you identify the Health & Fitness Education major as your first choice on your application for admission to the University, you will automatically gain entry to the major when admitted to SPU.

### Learn more about the Health & Fitness Education major at:

<http://spu.edu/health-fitness-ed>  
<http://spu.edu/health-fitness-ed-reqs>

**Get more information** about transfer admission to Seattle Pacific University at <http://spu.edu/transfer>.

**Questions?** Contact [transfer@spu.edu](mailto:transfer@spu.edu).

### Courses to complete at SPU

HHP 1301 Wellness and Physical Activity (3)
HHP 2128 Functional Anatomy (3)
HHP 2195 Philosophy & Research in Health/Phys (5)
HHP 2617 Teaching Health & Fitness (3)
HHP 2619 Tch Leisure, Alt Games & Sport (3)
HHP 3510 Teaching Physical Education (5)
HHP 3545 Programs for Special Populations (3)
HHP 3555 Methods of Teaching Health (5)
HHP 3560 Psy Aspects of Health & Phys Act (5)
HHP 3570 Biomechanics (5)
HHP 3575 Motor Learning & Development (5)
HHP 3580 Exercise Physiology (5)
HHP 4555 Community Health Promotion (3)
HHP 4585 Applied Exercise Science (5)
HHP 4595 Admin & Ldrshp: Health & Phys Act (3)
HHP 4899 Contemporary Issues Health & Phys Act (5)
Health & Fitness Education Electives (4) from this list:
<ul style="list-style-type: none"> <li>• HHP 2550 Responding to Emergencies (3)</li> <li>• FCS 3340 Human Nutrition (5)</li> <li>• HHP 3590 Sport Injury Management (4)</li> <li>• HHP 3942 Internship &amp; Career (1)</li> <li>• HHP 4575 Coaching &amp; Training Seminar (4)</li> <li>• HHP 4930 Exercise Science Practicum (1)</li> <li>• HHP 4942 Internship Reflect &amp; Prof Dev (3)</li> </ul>

### Other requirements for the degree

In addition to the major, the degree requires completion of any remaining general education and University requirements, and at least 180 college-level credits total, including 60 upper-division (UD) credits.

All students must complete the University Foundations Requirement at SPU – even those who have completed the Direct Transfer Agreement (DTA) Associate Degree.

Students admitted with fewer than 90 credits (freshmen and sophomores) complete 15 credits:

- UFDN 1000 The Christian Faith (5)
- UFDN 2000 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

Students admitted with 90 credits or more (juniors and seniors) complete 10 credits:

- UFDN 3001 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

### Suggested course plan for your junior and senior years at SPU

Assumes junior standing at entrance, and successful completion of BIOL& 241 and 242 prior to transfer.

Junior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> <li>• HHP 1301 (3) -- or take in winter.</li> <li>• HHP 2195 (5)</li> <li>• HHP 3545 (3)</li> <li>• + credits to total 15-18</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 1301 (3) -- if not taken autumn.</li> <li>• HHP 2619 (3)</li> <li>• HHP 3510 (5)</li> <li>• + credits to total 15-18</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 2617 (3)</li> <li>• HHP 3555 (5)</li> <li>• HHP 3580 (5)</li> <li>• + credits to total 15-18</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 1301 is a prerequisite for HHP 3580.</li> <li>• Apply to graduate in the winter or in early spring.</li> <li>• Contact the School of Education for information about Teacher Certification, which requires additional courses.</li> </ul>
<b>Any Quarter Offered:</b> <ul style="list-style-type: none"> <li>• Take HHP 2128 (3) any quarter this year.</li> <li>• Take one or more Health and Fitness Education electives this year -- some have prerequisites.</li> <li>• UFDN, general education, and University requirements.</li> </ul>			
Senior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> <li>• HHP 3560 (5)</li> <li>• HHP 4585 (5)</li> <li>• HHP 4899 (2)</li> <li>• + credits to total 15-18</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 3570 (5)</li> <li>• HHP 4555 (3)</li> <li>• HHP 4595 (3)</li> <li>• HHP 4899 (2)</li> <li>• + credits to total 15-18</li> </ul>	<ul style="list-style-type: none"> <li>• HHP 3575 (5)</li> <li>• HHP 4899 (1)</li> <li>• + credits to total 15-18</li> </ul>	<ul style="list-style-type: none"> <li>• Be sure you have taken a total of 180 college-level credits, including at least 60 upper-division credits (courses numbered 3000 – 4999).</li> </ul>
<b>Any Quarter Offered:</b> <ul style="list-style-type: none"> <li>• Take HHP 4899 each quarter this year, twice for 2 credits and once for 1 credit, for a total of 5 credits.</li> <li>• Remaining electives, UFDN, general education, and University requirements.</li> </ul>			