**LOCK HAVEN UNIVERSITY**  
RECREATION MANAGEMENT  
Fitness Management Track  
REQUIREMENTS

### GENERAL EDUCATION COURSES (46 s.h.)

- **Humanities** (18 s.h.)
  - ___Art/Music/Theatre/Dance (3)
  - ___Art/Music/Theatre/Dance (3)
  - ___Literature (3)
  - ___Philosophy (3)
  - ___Composition (3)
  - ___Speech (SPCH 102 recommended) (3)

- **Natural Sciences/Math** (9 s.h.)
  - ___Laboratory Science (3)
  - ___Laboratory Science (3)
  - ___Math (3)

- **History/Social Sciences** (12 s.h.)
  - ___World History (3)
  - ___Economics/Political Science (3)
  - ___Psychology (3)
  - ___Sociology/Anthropology/Geography (3)

- **Wellness** (3 s.h.)
  - ___**RECR105 Leisure, Wellness, Personal Lifestyle** (Meets Gen. Ed. Wellness requirement)

### ELECTIVES (4 s.h.)

- ___**RECR119 First Year Student Seminar** (1)

- ___
- ___
- ___
- ___
- ___

- *Required Elective

### CORE COURSES (43 s.h.)

- ___RECR105** Leisure, Wellness, and Personal Lifestyle (3) (Meets Gen. Ed. Wellness requirement)
- ___RECR110 Introduction to Recreation and Leisure (3)
- ___RECR210 Field Participation in Recreation (3)
- ___RECR244 Recreation Leadership and Supervision (3)
- ___RECR275 Recreation Services for People with Disabilities (3)
- ___RECR315 Program Planning and Design in Recreation (3)
- ___RECR330 Marketing Recreation Services (3)

### PROFESSIONAL SEMESTER:

- ___**RECR105** Leisure, Wellness, Personal Lifestyle
- ___RECR405 Health Promotion at the Worksite* (3)
- ___RECR410 Seminar in Current Issues of Recreation (3)
- ___RECR415 Organization and Management of Recreation (3)
- ___RECR420 Recreation Resource Management (3)
- ___RECR430 Assessment, Evaluation and Research for Recreation Services (3)

*Must be taken Fall Semester of senior year

### SENIOR INTERNSHIP:

- ___RECR425 Professional Field Experience in Recreation (10-12)

Grade Requirements:
- 2.0 QPA maintained
- 2.3 in major prior to RECR210
- 2.5 in major prior to Professional Semester
- 2.5 in major prior to RECR425

**Counted toward credit total under General Education Wellness column**
1. **Fitness Management Prescribed Courses** ................................................................. .......................... 31 s.h.

   _RECR200 Personal Training and Aerobic Leadership_ ........................................ 3 s.h.
   _RECR205 Nutrition for Wellness_ ................................................................. 3 s.h.
   _RECR301 Exercise Prescription_ ....................................................................... 3 s.h.
   _RECR302 Supervision of Strength Training Programs_ ...................................... 3 s.h.
   _RECR303 Sports Nutrition_ .............................................................................. 3 s.h.
   _RECR312 Teaching Conditioning Principles for Certification Testing_ ............ 3 s.h.
   _HLTH128 Anatomy and Physiology 1_ ............................................................. 3 s.h.
   _HLTH129 Anatomy and Physiology 1 Lab_ ..................................................... 1 s.h.
   _HLTH130 Anatomy and Physiology 2_ ............................................................. 3 s.h.
   _HLTH131 Anatomy and Physiology 2 Lab_ ...................................................... 1 s.h.
   _HLTH353 Physiology of Exercise_ .................................................................... 3 s.h.

2. **Area Studies** ........................................................................................................ 2 s.h.

   _HPED352 Kinesiology_ ....................................................................................... 2 s.h.
   _HLTH305 Introduction to Biomechanics_ .......................................................... 3 s.h.

**NOTE:** _To help with course sequencing, be advised:_

1. _RECR200 Personal Training and Aerobic Leadership_, is a prerequisite for _RECR301 Exercise Prescription._

2. _RECR210 Field Experience_ is a prerequisite for _RECR405 Health Promotion at the Worksite._

3. _RECR405_ is only offered during the fall semester. All students must take this course during the fall semester of their senior year.
LOCK HAVEN UNIVERSITY
RECREATION MANAGEMENT
Fitness Management Track
REQUIREMENTS

GENERAL EDUCATION COURSES (46 s.h.)

   Humanities (18 s.h.)
   ___Art/Music/Theatre/Dance (3)
   ___Art/Music/Theatre/Dance (3)
   ___Literature (3)
   ___Philosophy (3)
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   ___Speech (SPCH 102 recommended) (3)

   Natural Sciences/Math (9 s.h.)
   ___Laboratory Science (3)
   ___Laboratory Science (3)
   ___Math (3)

   History/Social Sciences (12 s.h.)
   ___World History (3)
   ___Economics/Political Science (3)
   ___Psychology (3)
   ___Sociology/Anthropology/Geography (3)

   Wellness (3 s.h.)
   ___**RECR105 Leisure, Wellness, and Personal Lifestyle

   ELECTIVES (4 s.h.)
   ___RECR119 First Year Student Seminar (1)
   ___
   ___
   ___

*Required Elective

CORE COURSES (43 s.h.)

   ___RECR105** Leisure, Wellness, and Personal Lifestyle (3) (Meets Gen. Ed. Wellness requirement)
   ___RECR110 Introduction to Recreation and Leisure (3)
   ___RECR210 Field Participation in Recreation (3)
   ___RECR244 Recreation Leadership and Supervision (3)
   ___RECR275 Recreation Services for People with Disabilities (3)
   ___RECR315 Program Planning and Design in Recreation (3)
   ___RECR330 Marketing Recreation Services (3)

**********************************************

PROFESSIONAL SEMESTER:

   ___RECR405 Health Promotion at the Worksite* (3)
   ___RECR410 Seminar in Current Issues of Recreation (3)
   ___RECR415 Organization and Management of Recreation (3)
   ___RECR420 Recreation Resource Management (3)
   ___RECR430 Assessment, Evaluation and Research for Recreation Services (3)

*Must be taken Fall Semester of senior year

**********************************************

SENIOR INTERNSHIP:

   ___RECR425 Professional Field Experience in Recreation (10-12)

Grade Requirements:
   2.0 QPA maintained
   2.3 in major prior to RECR210
   2.5 in major prior to Professional Semester
   2.5 in major prior to RECR425

**Counted toward credit total under General Education Wellness column
1. **Fitness Management Prescribed Courses** ................................................................. 31 s.h.

- RECR200 Personal Training and Aerobic Leadership ........................................ 3 s.h.
- RECR205 Nutrition for Wellness ................................................................. 3 s.h.
- RECR301 Exercise Prescription ................................................................. 3 s.h.
- RECR302 Supervision of Strength Training Programs .................................. 3 s.h.
- RECR303 Sports Nutrition ......................................................................... 3 s.h.
- RECR312 Teaching Conditioning Principles for Certification Testing .......... 3 s.h.
- HLTH128 Anatomy and Physiology 1 ......................................................... 3 s.h.
- HLTH129 Anatomy and Physiology 1 Lab .................................................. 1 s.h.
- HLTH130 Anatomy and Physiology 2 ......................................................... 3 s.h.
- HLTH131 Anatomy and Physiology 2 Lab .................................................. 1 s.h.
- HLTH353 Physiology of Exercise ............................................................... 3 s.h.

2. **Area Studies** .................................................................................................. 2 s.h.

- HPED352 Kinesiology .................................................................................. 2 s.h.
- HLTH305 Introduction to Biomechanics ..................................................... 3 s.h.

**NOTE:** To help with course sequencing, be advised:

2. RECR200 Personal Training and Aerobic Leadership, is a prerequisite for RECR301 Exercise Prescription.

2. RECR210 Field Experience is a prerequisite for RECR405 Health Promotion at the Worksite.

3. RECR405 is only offered during the fall semester. All students must take this course during the fall semester of their senior year.
LOCK HAVEN UNIVERSITY
RECREATION MANAGEMENT
Fitness Management Track
REQUIREMENTS

GENERAL EDUCATION COURSES (46 s.h.)

- **Humanities** (18 s.h.)
  - Art/Music/Theatre/Dance (3)
  - Literature (3)
  - Philosophy (3)
  - Composition (3)
  - Speech (COMM 102 recommended) (3)

- **Natural Sciences/Math** (9 s.h.)
  - Laboratory Science (3)
  - Math (3)

- **History/Social Sciences** (12 s.h.)
  - World History (3)
  - Economics/Political Science (3)
  - Sociology/Anthropology/Geography (3)

- **Wellness** (3 s.h.)
  - **RECR105 Leisure, Wellness, and Personal Lifestyle**

ELECTIVES (4 s.h.)

- ReCR119 First Year Student Seminar (1)
- ______________________________
- ______________________________
- ______________________________

- **Required Elective**

CORE COURSES (43 s.h.)

- **RECR105** Leisure, Wellness, and Personal Lifestyle (3) (Meets Gen. Ed. Wellness requirement)
- **RECR110** Introduction to Recreation and Leisure (3)
- **RECR210** Field Participation in Recreation (3)
- **RECR244** Recreation Leadership and Supervision (3)
- **RECR275** Recreation Services for People with Disabilities (3)
- **RECR315** Program Planning and Design in Recreation (3)
- **RECR330** Marketing Recreation Services (3)

PROFESSIONAL SEMESTER:

- **RECR405** Health Promotion at the Worksite* (3)
- **RECR410** Seminar in Current Issues of Recreation (3)
- **RECR415** Organization and Management of Recreation (3)
- **RECR420** Recreation Resource Management (3)
- **RECR430** Assessment, Evaluation and Research for Recreation Services (3)
  *Must be taken Fall Semester of senior year

SENIOR INTERNSHIP:

- **RECR425** Professional Field Experience in Recreation (10-12)

Grade Requirements:
2.0 GPA maintained
2.3 in major prior to RECR210
2.5 in major prior to Professional Semester
2.5 in major prior to RECR425

**Counted toward credit total under General Education Wellness column**
1. **Fitness Management Prescribed Courses** .................................................................................................................. 29 s.h.

   __RECR200 Personal Training and Aerobic Leadership................................. 3 s.h.
   __RECR205 Nutrition for Wellness................................................................. 3 s.h.
   __RECR301 Exercise Prescription ................................................................... 3 s.h.
   __RECR302 Supervision of Strength Training Programs............................... 3 s.h.
   __RECR303 Sports Nutrition ........................................................................ 3 s.h.
   __RECR312 Teaching Conditioning Principles for Certification Testing .......... 3 s.h.
   __HLTH128 Anatomy and Physiology 1* .................................................... 3 s.h.
   __HLTH129 Anatomy and Physiology 1 Lab.................................................. 1 s.h.
   __HLTH130 Anatomy and Physiology 2* ..................................................... 3 s.h.
   __HLTH131 Anatomy and Physiology 2 Lab.................................................. 1 s.h.
   __HLTH353 Physiology of Exercise ............................................................. 3 s.h.

*Must earn C’s in these courses to be able to enroll in HLTH353 Physiology of Exercise.

2. **Area Studies** ......................................................................................................................... 2 s.h.

   __HPED352 Kinesiology .................................................................................. 2 s.h.
   __HLTH305 Introduction to Biomechanics ..................................................... 3 s.h.

**NOTE:** To help with course sequencing, be advised:

3. RECR200 Personal Training and Aerobic Leadership, is a prerequisite for RECR301 Exercise Prescription.

2. RECR210 Field Experience is a prerequisite for RECR405 Health Promotion at the Worksite.

3. RECR405 is only offered during the fall semester. All students must take this course during the fall semester of their senior year.
# LOCK HAVEN UNIVERSITY
## RECREATION MANAGEMENT
### Fitness Management Track
### REQUIREMENTS

### GENERAL EDUCATION COURSES (46 s.h.)

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<td>— Economics/Political Science (3)</td>
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<td>— <strong>RECR105 Leisure, Wellness, and Personal Lifestyle</strong></td>
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### ELECTIVES (4 s.h.)

| RECR119 First Year Student Seminar (1) |  |

### CORE COURSES (43 s.h.)

| RECR105** Leisure, Wellness, and Personal Lifestyle (3) (Meets Gen. Ed. Wellness requirement) |  |
| RECR110 Introduction to Recreation and Leisure (3) |  |
| RECR210 Field Participation in Recreation (3) |  |
| RECR244 Recreation Leadership and Supervision (3) |  |
| RECR275 Recreation Services for People with Disabilities (3) |  |
| RECR315 Program Planning and Design in Recreation (3) |  |
| RECR330 Marketing Recreation Services (3) |  |

### PROFESSIONAL SEMESTER:

| RECR105** Leisure, Wellness, and Personal Lifestyle |  |
| RECR410 Seminar in Current Issues of Recreation (3) |  |
| RECR415 Organization and Management of Recreation (3) |  |
| RECR420 Recreation Resource Management (3) |  |
| RECR430 Assessment, Evaluation and Research for Recreation Services (3) |  |

*Must be taken Fall Semester of senior year

### SENIOR INTERNSHIP:

| RECR425 Professional Field Experience in Recreation (10-12) |  |

Grade Requirements:
- 2.0 GPA maintained
- 2.3 in major prior to RECR210
- 2.5 in major prior to Professional Semester
- A minimum overall of 2.0 in the Professional Semester courses.

**Counted toward credit total under General Education Wellness column
1. **Fitness Management Prescribed Courses** ................................................................. 29 s.h.

   __RECR200 Personal Training and Aerobic Leadership ........................................... 3 s.h.
   __RECR205 Nutrition for Wellness ........................................................................... 3 s.h.
   __RECR301 Exercise Prescription ............................................................................ 3 s.h.
   __RECR302 Supervision of Strength Training Programs ........................................ 3 s.h.
   __RECR303 Sports Nutrition ................................................................................... 3 s.h.
   __RECR312 Teaching Conditioning Principles for Certification Testing .............. 3 s.h.
   __HLTH128 Anatomy and Physiology 1* ............................................................... 3 s.h.
   __HLTH129 Anatomy and Physiology 1 Lab ......................................................... 1 s.h.
   __HLTH130 Anatomy and Physiology 2* ............................................................... 3 s.h.
   __HLTH131 Anatomy and Physiology 2 Lab ......................................................... 1 s.h.
   __HLTH353 Physiology of Exercise ................................................................. 3 s.h.

   *Must earn C’s in these courses to be able to enroll in HLTH353 Physiology of Exercise.

2. **Area Studies** ............................................................................................................ 2 s.h.

   __HPED352 Kinesiology ......................................................................................... 2 s.h.
   __HLTH305 Introduction to Biomechanics .......................................................... 3 s.h.

**NOTE:** *To help with course sequencing, be advised:*

4. RECR200 Personal Training and Aerobic Leadership, is a prerequisite for RECR301 Exercise Prescription.

2. RECR210 Field Experience is a prerequisite for RECR405 Health Promotion at the Worksite.

3. RECR405 is only offered during the fall semester. All students must take this course during the fall semester of their senior year.
LOCK HAVEN UNIVERSITY
RECREATION MANAGEMENT
Fitness Management Track
REQUIREMENTS

GENERAL EDUCATION COURSES (46 s.h.)

Humanities (18 s.h.)
  ___Art/Music/Theatre/Dance (3)
  ___Art/Music/Theatre/Dance (3)
  ___Literature (3)
  ___Philosophy (3)
  ___Composition (3)
  ___Speech (COMM 102 recommended) (3)

  Natural Sciences/Math (9 s.h.)
  ___Laboratory Science (3)
  ___Laboratory Science (3)
  ___Math (3)

  History/Social Sciences (12 s.h.)
  ___World History (3)
  ___Economics/Political Science (3)
  ___Psychology (3)
  ___Sociology/Anthropology/Geography (3)

  Wellness (3 s.h.)
  ___**RECR105 Leisure, Wellness, Personal Lifestyle

ELECTIVES (4 s.h.)
  ___RECR119 First Year Student Seminar (1)

  **RECR105** Leisure, Wellness, and Personal Lifestyle (3) (Meets Gen. Ed. Wellness requirement)
  ___RECR110 Introduction to Recreation and Leisure (3)
  ___RECR210 Field Participation in Recreation (3)
  ___RECR244 Recreation Leadership and Supervision (3)
  ___RECR275 Therapeutic Recreation and Inclusive Recreation Services for People with Disabilities (3)
  ___RECR315 Program Planning and Design in Recreation (3)
  ___RECR330 Marketing Recreation Services (3)

*******************************

PROFESSIONAL SEMESTER:

  ___RECR405 Health Promotion at the Workplace* (3)
  ___RECR410 Seminar in Current Issues of Recreation (3)
  ___RECR415 Organization and Management of Recreation (3)
  ___RECR420 Recreation Resource Management (3)
  ___RECR430 Assessment, Evaluation and Research for Recreation Services (3)

*Must be taken Fall Semester of senior year

*******************************

SENIOR INTERNSHIP:

  ___RECR425 Professional Field Experience in Recreation (10-12)

Grade Requirements:
  2.0 GPA maintained
  2.3 in major prior to RECR210
  2.5 in major prior to Professional Semester
  A minimum overall of 2.0 in the Professional Semester courses.

**Counted toward credit total under General Education Wellness column
1. **Fitness Management Prescribed Courses** ............................................................................... 29 s.h.
   - **RECR200 Personal Training and Aerobic Leadership** .............................................. 3 s.h.
   - **RECR205 Nutrition for Wellness** ............................................................................... 3 s.h.
   - **RECR301 Exercise Prescription** ............................................................................ 3 s.h.
   - **RECR302 Supervision of Strength Training Programs** .......................................... 3 s.h.
   - **RECR303 Sports Nutrition** ................................................................................... 3 s.h.
   - **RECR312 Teaching Conditioning Principles for Certification Testing** ................ 3 s.h.
   - **HLTH128 Anatomy and Physiology 1*................................................................. 3 s.h.
   - **HLTH129 Anatomy and Physiology 1 Lab** ...................................................... 1 s.h.
   - **HLTH130 Anatomy and Physiology 2* ............................................................ 3 s.h.
   - **HLTH131 Anatomy and Physiology 2 Lab** ................................................... 1 s.h.
   - **HLTH353 Physiology of Exercise** ........................................................................ 3 s.h.

*Must earn C’s in these courses to be able to enroll in HLTH353 Physiology of Exercise.

2. **Area Studies** .................................................................................................................... 2 s.h.
   - **HPED352 Kinesiology** ...................................................................................... 2 s.h.
   - **HLTH305 Introduction to Biomechanics** ....................................................... 3 s.h.

**NOTE:** *To help with course sequencing, be advised:*

5. **RECR200 Personal Training and Aerobic Leadership** is a prerequisite for **RECR301 Exercise Prescription**.

2. **RECR210 Field Experience** is a prerequisite for **RECR405 Health Promotion at the Worksite**.

3. **RECR405** is only offered during the fall semester. All students must take this course during the fall semester of their senior year.
LOCK HAVEN UNIVERSITY
RECREATION MANAGEMENT
Fitness Management Track
REQUIREMENTS

GENERAL EDUCATION COURSES (46 s.h.)

Humanities (18 s.h.)
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Natural Sciences/Math (9 s.h.)
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History/Social Sciences (12 s.h.)
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____Psychology (3)
____Sociology/Anthropology/Geography (3)

Wellness (3 s.h.)
____**RECR105 Leisure, Wellness, Personal Lifestyle

ELECTIVES (4 s.h.)
____•RECR119 First Year Student Seminar (1)
____
____
____

**Required Elective

CORE COURSES (43 s.h.)

____RECR105** Leisure, Wellness, and Personal Lifestyle (3) (Meets Gen. Ed. Wellness requirement)
____RECR110 Introduction to Recreation and Leisure (3)
____RECR210 Field Participation in Recreation (3)
____RECR244 Recreation Leadership and Supervision (3)
____RECR275 Therapeutic Recreation and Inclusive Recreation Services for People with Disabilities (3)
____RECR315 Program Planning and Design in Recreation (3)
____RECR330 Marketing Recreation Services (3)

**************************

PROFESSIONAL SEMESTER:

____RECR405 Health Promotion at the Worksite* (3)
____RECR410 Seminar in Current Issues of Recreation (3)
____RECR415 Organization and Management of Recreation (3)
____RECR420 Recreation Resource Management (3)
____RECR430 Assessment, Evaluation and Research for Recreation Services (3)

*Must be taken Fall Semester of senior year

**************************

SENIOR INTERNSHIP:

____RECR425 Professional Field Experience in Recreation (10-12)

Grade Requirements:
2.0 GPA maintained
2.3 in major prior to RECR210
2.5 in major prior to Professional Semester
A minimum overall of 2.0 in the Professional Semester courses.

**************************

**Counted toward credit total under General Education Wellness column
1. **Fitness Management Prescribed Courses**

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tr>
<td>RECR200</td>
<td>Personal Training and Aerobic Leadership</td>
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<td>RECR205</td>
<td>Nutrition for Wellness</td>
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<td>HLTH128</td>
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<td>HLTH130</td>
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<tr>
<td>HLTH353</td>
<td>Physiology of Exercise</td>
<td>3 s.h.</td>
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*Must earn C’s in these courses to be able to enroll in HLTH353 Physiology of Exercise.

2. **Area Studies**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<td>HPED352</td>
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<tr>
<td>HLTH305</td>
<td>Introduction to Biomechanics</td>
<td>3 s.h.</td>
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</tbody>
</table>

**NOTE:** *To help with course sequencing, be advised:

6. RECR200 Personal Training and Aerobic Leadership, is a prerequisite for RECR301 Exercise Prescription.

2. RECR210 Field Experience is a prerequisite for RECR405 Health Promotion at the Worksite.

3. RECR405 is only offered during the fall semester. All students must take this course during the fall semester of their senior year.