Major/Program	Fitness & Wellness Education Physical Education/Exercise Science Sarah Hunt-Barron, Dean			
College				
Department				
Contact				
2024-2025				

## Lander University 4-Year Major Guide

	Fi	irst Semester		Se	econd Semester		TOTALS
	Course	Notes	Hours	Course	Notes	Hours	
ear	ENGL 101	Core Academic Skills (General Education	3	ENGL 102	Core Academic Skills (General Education)	3	
ĕ	General Education	Humanities and Fine Arts	3	General Education	Behavioral and Social Perspectives	3	
>	General Education	Behavioral and Social Perspectives Scientific and Mathematical Reasoning	3	General Education	Humanities and Fine Arts	3	
First	Laboratory Science	(General Education)	4	Mathematics	Core Academic Skills (General Education)	3	
: <del>≒</del>	PEES 175	,	2	PEES 219	,	3	
-	LINK 101	LINK 101	1				
							Yearly Totals
	Subtotal 16				Subtotal	15	→ 31
	First Semester				econd Semester		
	Course Elective	Notes	Hours 3	Course Elective	Notes	Hours 3	
_	Elective		3	Elective		3	
Second Year	HIST 111R,		J	Licotive		J	
≻	HIST 112R, or	Founding Documents (General					
ರ	POLS 101R	Education)	3	General Education	World Cultures	3	
Ž			_		Scientific and Mathematical Reasoning	_	
ၓ	PEES 100-level activity	100-Level Sport/Fitness	1	MATH 211	(General Education)	3	
ě	PEES 210 PEES 283		4 1	PEES 202		3	
0,	FEE3 203		'				Yearly Totals
		Subtotal	15		Subtotal	15	→ 30
	First Semester			Se	Second Semester		
	Course	Notes	Hours	Course	Notes	Hours	
	Elective		3	Elective		3	
¥	DEE0 400 Land and 34			Et auton		_	
ĕ	PEES 100-level activity PEES 144	100-Level Sport/Fitness	1 1	Elective Elective		3 3	
_	1 220 144		•	Licetive		3	
Third Year	PEES 199		2	PEES 100-level activity	100-Level Sport/Fitness	1	
_	PEES 308		3	PEES 326 or PUBH 236		3	
$\vdash$	PEES 311		4	PEES 405		3	
							Yearly Totals
		Subtotal	14		Subtotal	16	→ 30
				•	10		
	First Semester			Second Semester			
	Course Elective	Notes	Hours 3	Course Elective	Notes	Hours 3	
ä	Elective		3	Elective		3	
Ø	Elective		3	PEES 300 or PEES 424		3	
Fourth Year	FIGUING		3	FEE3 300 OF FEE3 424		3	
ŧ	PEES 100-level activity	100-Level Sport/Fitness	1	PEES 491		3	
₹	PEES 402		3	PEES 499		1	
ဂူ	PEES 490		3				
_		2	40			40	Yearly Totals
		Subtotal	16		Subtotal	13	→ 29
					Total Hours F	200:::-	ed: 120
					i otal Hours i	xequir	eu. 120