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Planning Sheet: HEALTH FITNESS MAJOR

(Effective Fall 2008. This major consists of 14 courses)

Health Fitness Required Courses

Term	Grade	Course #	AugCore	Title
___	___	HPE 104		Components of Fitness Training (Fall)
___	___	HPE 110		Personal & Community Health (Prereq: ENL 111, or 112, or HON 111. Fall)
___	___	HPE 114		Health & Safety Education (.5) (Fall or Spring)
___	___	HPE 115		Chemical Dependency Education (.5) (Fall or Spring)
___	___	HPE 205		Introduction to Health, Physical Education, and Health Fitness (.5) (Spring)
___	___	HPE 215		Exercise and Health Psychology (Spring)
___	___	HPE 275		Prevention & Care of Athletic Injuries (.5) (Prereq: HPF 114. Spring)
___	___	HPE 300		Nutrition (Prior to Fall 2010, HLTH 345 Nutrition at St. Thomas)
___	___	HPE 305		Stress Management (.5) (Prior to Fall 2010, HLTH 375 Lifetime Stress Mgmt., St. Thomas)
___	___	HPE 350		Kinesiology (Prereq: BIO 103. Fall)
___	___	HPE 351		Physiology of Exercise (Prereq: ENL 111 or 112 or HON 111 & BIO 103. Spring)
___	___	HPE 357		Measurement in Health, Physical Education & Fitness (.5) (Prereq: MPG 3, HPE 104, HPE 220, and either HPE 110 or 205)
___	___	HPE 430		Epidemiology (Prior to Fall 2010, HLTH 400 Epidemiology at St. Thomas)
___	___	HPE 445	KC	Health Fitness Seminar (Prior to Fall 2010, HLTH 449 Health Promotion Seminar* at St. Thomas. * = HLTH 449 does not satisfy the keystone requirement. Students completing HLTH 449 will complete the keystone requirement outside of the major)
___	___	HPE 450		Current Health Issues (.5) (Prereq: HPF 110. Fall odd years)
___	___	HPE 499	AE	Internship in Health Fitness

Select and complete one (1) of the following two (2) courses:

___	___	HPE 315	<input type="checkbox"/>	Exercise Testing & Prescription (.5) (Prereq: MPG 3 and HPE 357)
___	___	HPE 330	<input type="checkbox"/>	Community Health Methods (.5) (Prereq: MPG 3)

Non-departmental Required Courses

___	___	BIO 103	NSM-L	Human Anatomy & Physiology (Spring)
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Notes:

- **Keystone:** Starting Fall 2010, HPF 445 will satisfy the senior Keystone requirement for students completing the Health Fitness major. Before this, students will need to complete a Keystone course outside of the major, such as KEY 490.
- **Abbreviation Key:** ML = Modern Language; SC = Signature Curriculum; EM = Engaging Minneapolis; AE = Augsburg Experience; KC = Senior Keystone Course; NSM = Natural Science & Mathematics - no lab; NSM-L = Natural Science & Mathematics-with lab; SBS = Social & Behavioral Science; FA = Fine Arts; HUM = Humanities; QA = Quantitative Applications; QF = Quantitative Foundations; QFA = Quantitative Foundations & Applications.

See back for information on graduation skills requirements

Planning Sheet: GRADUATION SKILLS REQUIREMENTS

These requirements were implemented for Fall 2008. Please talk with your faculty advisor for information.

Graduation skills, including the Quantitative Reasoning requirements, are completed as follows. Graduation skills in Critical Thinking, Writing, Speaking, and Quantitative Reasoning are required for graduation. Critical Thinking is embedded in all majors. Plans for completion of other graduation skills are determined by the major department. Consult your department chair or faculty advisor to select appropriate courses to meet the Quantitative Reasoning (QR) graduation skill. QR is satisfied by completing one (1) Quantitative Foundational course (QF) and one (1) Quantitative Application course (QA), or one (1) combined QFA course. The most current information on Graduation Skills can be found online at www.augsburg.edu/catalog/ and clicking on "Graduation Skills Catalog Supplement 2008 – 2010" near the bottom of the page.

Transfer students must consult an advisor about potential adjustments to their course requirements to fulfill each graduation skill.

Designated Major Course	GRADUATION SKILLS – Health Fitness		Completed
Embedded in major	Writing Requirements TWO (2) Writing courses		
Embedded in major			
Embedded in major	Speaking One (1) Speaking course		
Designated Major Course	QUANTITATIVE REASONING		Completed
Embedded in major	Quantitative Foundations & Applications One (1) QFA course (Prereq: MPG3)	QFA course	
– OR –			
Embedded in major	Quantitative Foundations and Quantitative Applications One (1) QF course (Prereq: MPG 3) and one (1) QA course	QF course	
Embedded in major		QA course	

Graduation Tally Checklist

These requirements were implemented in April 2003 and remain in effect until further notice.

Requirement	Progress Towards Completion	
Cumulative Course Credits <ul style="list-style-type: none"> ▪ Minimum number of course credits needed for graduation = 32 ▪ At least 8 credits completed at Augsburg. ▪ 6 of last 8 credits completed in residence. ▪ Second degree – minimum of 8 credits completed in residence. 	Transfer Credits Earned	
	+ Aug. Credits Earned	
	= Total Credits Earned	
	# Credits Needed	
Grade Point Average (GPA) <ul style="list-style-type: none"> ▪ Minimum 2.0 GPA required in major, minor, & overall. ▪ Some majors require higher GPA. ▪ Latin Honors GPA requirements: <ul style="list-style-type: none"> ○ Summa cum laude: 3.9-4.0 ○ Magna cum laude: 3.80-3.89 ○ Cum laude: 3.60-3.79 	Cumulative GPA	
	Major 1 GPA	
	Major 2 GPA	
	Minor GPA	
Other Limits	Minimum/Maximum	Your Total
Overall maximum courses graded Pass/No Pass (P/N) <ul style="list-style-type: none"> ▪ Grade of 2.0 or above required to Pass and earn credit for course. ▪ Maximum of 2 of 6 credits P/N may be in major. 	Maximum of 6	
Major Courses graded Pass/No Pass (P/N)	Maximum of 2	
Latin Honors courses graded Pass/No Pass (P/N)	Maximum of 2	
Latin Honors traditionally graded courses	Minimum of 14	
Internships	Maximum of 4	
Independent/Directed Studies	Maximum of 2	