

Make your mark in the world as a graduate of **Mayville State University's Fitness & Wellness program**. You'll have an opportunity to **impact the lives of people of all ages** in your role as a fitness and wellness professional. With this degree, you'll be equipped as a knowledgeable instructor who can provide safe and rewarding experiences for others through personal training, fitness testing, exercise prescription, development and implementation of health and fitness programs, and designing and instructing group exercise programs.

## The Program

Mayville State University's Bachelor of Science degree in Fitness & Wellness is the only program in the region. This flexible program will prepare you for a career as a fitness and wellness professional in private business and industry, community organizations, and/or health care facilities. A degree in Fitness & Wellness will carry you into the future in an industry that has great potential for many successful career opportunities.

## Advantages

### WELLNESS CENTER

The Mayville State Wellness Center gives you the opportunity to work with the latest fitness equipment and to assess users on upgraded technology.

### REAL-WORLD EXPERIENCE

You'll get real world experience through your required internship. You could help keep seniors at the local assisted-living facility to be active and fit, or work with Mayville State Athletics managing six quality NAIA athletic programs.

### PERSONAL ATTENTION

You'll be preparing for an exciting career while getting the personal attention you deserve at Mayville State.



## A Word About Our Grads

Mayville State Health and Fitness graduates find a number of doors open to them, including graduate study in exercise and sport science, and career opportunities in health, fitness, athletics administration, community recreation, and more.

Graduates of Mayville State's Health and Fitness programs have found employment at Sports Conditioning Specialists in Ohio; Northwood (N.D.) Public School; the U.S. Department of the Interior; Richard B. Wilson Elementary School in Arizona; Wells Fargo, Inc., Amherst Co. (Va.) Public Schools; Vaaler Insurance in North Dakota; Antelope Valley School in California, and Linton (N.D.) Public School.



For more information  
visit [www.mayvillestate.edu](http://www.mayvillestate.edu)  
or  
call 1-800-437-4104

Fitness & Wellness majors complete 36 hours of general education courses, including BIOL 111 or BIO 150, BIOL 150, BIOL 220, COMM 110, ENGL 110, ENGL 120, and MATH 103. Institutional requirement: HPER 210 - First Aid & CPR. PSYCH 111 and SOC 110 are pre-requisites to some wellness electives. Those interested in the Fitness & Wellness degree must complete the 38-hour core along with the two specializations listed below. A coaching minor is recommended. A student majoring in Fitness & Wellness must satisfactorily pass a comprehensive examination (HPER 476S) prior to graduation.

## Fitness and Wellness

### Core Requirements

HPER 207	Prev & Care .....	3
HPER 217	Per & Com Health.....	2
HPER 222	Nutrition .....	3
HPER 340	Modern Issues .....	3
HPER 350	Motor Learning.....	2
HPER 368	Principles of Cond .....	3
HPER 402	Exercise Phys .....	3
HPER 415	Eval of Psych Perform .....	3
HPER 430	Methods of App, Testing.....	3
HPER 441	Kinesiology .....	3
EDUC 359	Found of Special Ed .....	3
BIO 221	Anatomy & Phys II .....	4
SOC 351	Sociology of Aging.....	3

### Specializations

#### Fitness Pedagogy (15 credits):

HPER 370	Fitness & Sports Teaching Tech .....	3
HPER 342	Phys Actvty Instr for Older Adult.....	3
HPER 333	PE for Exceptional Child.....	2
HPER 319	Health & PE in Elementary School...2	
HPER 233	Individual Fitness.....	1
HPER	Aquatics .....	1
HPER 120	Racquet Sports.....	1

#### Electives, 2 credits, chosen from the following:

HPER 206	Social/Folk Dance.....	1
HPER 153	Rec Sports .....	1
HPER 135	Golf/Bowling.....	1
HPER 130	Outdoor Pursuits.....	1

#### Internship/Wellness (15 credits):

HPER 442	Field Experience (80 hours) .....	2
HPER 497	Internship-Supervised Work Exp.....7	
HPER 476S	Comp & Review Exam.....	1

Wellness Electives, 5 credits from the following:

HPER 332	Comp Health Educ K-12.....	3
SOC 355	Drugs & Society (Soc 110 pre-req) .....	3
PSYC 441	Mental Hygiene (PSYC 111 pre-req) .....	3
PSY 280	Group Dynamics (PSYC 111 pre-req).....	3
HPER 360	Sports Psych.....	2
SOC 335	Marriage & Family (SOC 110 pre-req)....	3

## Coaching (minor)

### Core Requirements

HPER 207	Prevention & Care of Injuries .....	3
HPER 210	First Aid & CPR .....	1
HPER 222	Nutrition.....	3
HPER 233	Individual Fitness .....	1
HPER 360	Sports Psychology .....	2
HPER 402	Exercise Physiology.....	3
HPER 415	Eval. Of Psychomotor Perf.....	3
HPER 440	Org. & Admin. Of Phys. Ed. ....	2
HPER 441	Kinesiology.....	3
HPER 442	Field Experience .....	2

#### Choose 4 credits from:

HPER 361	Football Coaching. ....	2
HPER 362	Basketball Coaching. ....	2
HPER 363	Track & Field Coaching.....	2
HPER 364	Baseball/Softball Coaching. ....	2
HPER 366	Volleyball Coaching .....	2
HPER 367	Soccer Coaching.....	2

# Impact Your Future

## QUESTIONS?

If you have questions about admission, financial aid, or anything else, contact us at:

**1-800-437-4104**

or

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