

# MAYVILLE STATE UNIVERSITY

Fitness and Wellness  
*Bachelor of Science*



## Personal Service

We pride ourselves on being just the right size to give students the time they need to be successful. Our average class size is 15-20, so you will have small, personalized class settings with a technological focus for you to receive the education that you deserve. Your professors will introduce you to new ways of thinking, exploring issues creatively, and evaluating ideas as you engage in the world.

## Opportunity

Whether it's music, athletics, or politics, students at MSU have the chance to participate in a variety of activities and clubs. These organizations are a great way to make new friends with similar interests, and the involvement outside the classroom looks great on a resume.

Some clubs and activities include:

- Theater
- Band & choir
- DECA
- HPER Club
- Science Club
- Comet Radio
- Esports
- Student government
- Intramural sports

## Success

Our students get jobs. Period. We also have internship opportunities to give you real, hands-on learning experiences and make your resume stand out.

The combination of MSU's affordability and its unique offerings make it a Best Regional College, as designated by the Princeton Review. This selection process is based on meeting criteria for academic excellence as well as results of surveys done by current MSU students.

## The Program

Make your mark in the world as a graduate of MSU's Fitness and 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.

Mayville State University's Fitness and Wellness Bachelor of Science degree 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 health care facilities. A degree in fitness and 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. Through internships, you might help seniors at the local assisted living facility stay 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 University.

1.800.437.4104

WWW.MAYVILLESTATE.EDU

## Major: Fitness and Wellness - B.S.

**Required credits to graduate with this degree: 120**

Those interested in this degree must complete the 43 hour core along with the 13 hour Internship and Wellness hours. Students must also complete either of the two specializations: Fitness Pedagogy or Exercise Science.

A student majoring in Fitness and Wellness must satisfactorily pass a comprehensive examination (HPER 476S) prior to graduation.

Fitness and Wellness majors must complete 36 hours of Essential Studies. Additional requirements to the major include (BIOL 111, BIOL 111L or BIOL 150, BIOL 150L) BIOL 220, BIOL 220L, HPER 100, HPER 200 and HPER 210.

### Fitness and Wellness

#### Core Requirements

BIOL 221/L	Anatomy & Physiology II/Lab	4 SH
HPER 207	Prevention & Care of Injuries	3 SH
HPER 217	Personal & Community Health	2 SH
HPER 222	Nutrition	3 SH
HPER 233	Individual Fitness	2 SH
HPER 310	Found./History of PE. & Sports	2 SH
HPER 340	Modern Issues & Materials in Health	3 SH
HPER 350	Motor Learning	2 SH
HPER 368	Principles of Conditioning	3 SH
HPER 390	Facilities & Event Management	3 SH
HPER 402	Exercise Physiology	4 SH
HPER 415	Evaluation of Psych. Perf.	3 SH
HPER 430	Methods of Appraisal, Testing & Prescription of Exercise	3 SH
HPER 441	Applied Kinesiology	3 SH
HPER 465	Sport Law	3 SH

**Total 43 SH**

#### Internship/Wellness:

HPER 476S-D	Comprehensive Review/Exam	1 SH
HPER 497S	Internship	2 SH

#### Wellness Electives: 10 credits from the following:

HPER 302	Emergency Medical Tech. (EMT)	3 SH
HPER 305	Sports Ethics	3 SH
HPER 332	Comp Health Education K-12	3 SH
HPER 360	Sports & Exercise Psychology	2 SH
HPER 380	Sports Sociology	2 SH
HPER 460	Sport in Diverse Society	3 SH
PSYC 255	Child and Adolescent Psych	3 SH
SOC 355	Drugs & Society	3 SH

**Total 13 SH**

## Specializations:

Students must choose one specialization from the options below.

#### Fitness Pedagogy (19 SH)

HPER 315	Movement Educ. in Early Child	2 SH
HPER 319	Health and PE in Elem. School	2 SH
HPER 333	Adapted Physical Education	2 SH
HPER 342	Phys. Act. Instruct. of Older Adults	3 SH
HPER 345	Methods of Group Ex Instruct.	3 SH
HPER 370	Fitness/Sports Teaching Tech	3 SH

#### Electives: (Select 4 SH from the following)

HPER 120	Racquet Sports	1 SH
HPER 130	Spring Outdoor Pursuits	1 SH
HPER 131	Fall Outdoor Pursuits	1 SH
HPER 135	Golf	1 SH
HPER 153	Recreational Sports	1 SH
HPER 206	Social/Folk Dance	1 SH
HPER 209	Rhythms & Tumbling	1 SH
1 hr Aquatics from HPER 219, HPER 263, HPER 265		1 SH

#### Exercise Science (19 SH)

CHEM 121	General Chemistry I	3 SH
CHEM 121L	General Chemistry I Lab	1 SH
CHEM 122	General Chemistry II	3 SH
CHEM 122L	General Chemistry II Lab	1 SH
MATH 323	Probability and Statistics	3 SH
PHYS 211	College Physics I	3 SH
PHYS 211L	College Physics I Lab	1 SH
PHYS 212	College Physics II	3 SH
PHYS 212L	College Physics II Lab	1 SH

**“What I like best about Mayville State is the focused environment, not only in the classroom, but in the Mayville community as a whole. I also enjoy getting to see new faces throughout the different semesters.”**

**- Homer R.**  
Fitness and Wellness Major

**For more information, please contact Dr. Moen,  
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