



SAMPLE SCHEDULE  
**HEALTH FITNESS MANAGEMENT**  
**(IOWA STATE)**

Suggested Sequence of Classes

<b>First Semester</b>		<b>Second Semester</b>	
ENG-102 Composition & Speech I	4	ENG-103 Composition & Speech II	4
MAT-121 College Algebra *	4	BIO-151 Nutrition	3
PSY-111 Intro to Psychology (or PSY-121 Developmental Psychology)	3	SOC-110 Intro. to Sociology	3
MGT-220 Intro to Sport Management	3	MGT-221 Current Issues in Sport	3
SDV-199 Orientation to College	1	PHY-106 Survey of Physics	4
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>
<b>Third Semester</b>		<b>Fourth Semester</b>	
BIO-206 & lab Anatomy & Phys. I	4	BIO-207 & lab Anatomy & Phys. II	4
ECN-120 Princ. Of Macroeconomics	3	ECN-130 Princ. of Microeconomics	3
MAT-156 Intro to Statistics	3	MGT 225 Internship/Sport Mgt	1
PEC-127 Care & Prev. Athl Injuries	2	LIT-130 African American Lit. (or another International Perspectives option)	3
LIT-150 World Literature I (or another US Diversity option)	3	PHI-105 Intro to Ethics	3
		BCA-101 Intro to Computers & Information Systems	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>18</b>

***Note: Please check with transfer institution for their specific requirements and check with a NIACC counselor/advisor for further transfer planning.***

\*Appropriate math level needed before enrolling in any math class. See NIACC catalog for list of courses.

Suggested Elective:

PEH-111 Personal Wellness                      PEH-140 First Aid  
 PET-135 Personal Trainer                      BUS-161 Human Relations  
 PEH-261 Physical Activity for Health & Wellness

- This sample schedule satisfies the requirements for both the AA & AS Degrees at NIACC.
- Check with ISU for Foreign Language & Diversity Requirements or our web site at: [http://www.niacc.edu/admission/sample/Diversity\\_Requirements.pdf](http://www.niacc.edu/admission/sample/Diversity_Requirements.pdf)
- Contact ISU for admission requirements.
- Suggested schedule dependent on entry level of student.