## **RANDOLPH COLLEGE Declaration of Major**

A Major is declared in the sophomore year prior to the spring advising period. An Application for Graduation for each major is due in the junior year prior to the end of the spring semester. Once you declare your major, update this sheet each semester to keep track of your requirements and be ready to apply for graduation.

NAME		Grad. Year		
	(Last)	(First)	(Mid. Initial)	

	Studies Major – Health & Fitness	•		2019-20 Cat	alog
Courses	Course Title	Cr. Hrs.	Course Selected	Semester of Enrollment	Grade
One of the following:		<u>пгз.</u> 4	*	Enronment	
BIOL 103-100L	Introductory Biology and Lab				
BIOL 108-100L	Human Biology and Lab				
DICE TOO TOOL					
BIOL 203-203L	Physiology & Lab	4			
P ED 141	Professional Issues in Sport &	1			
	Exercise Studies				
P ED 143	First-Aid and Safety	2			
P ED 163	Nutrition & Fitness Performance	3			
P ED 165	Lifetime Wellness	3			
P ED 261	Exercise Physiology	3			
P ED 361	Kinesiology	3			
P ED 362	Exercise Testing and Prescription	3			
One of the following:		3	*		
P ED 161	Introduction to Athletic Training				
P ED 264	Evaluation of Athletic Injuries				
Two of the following:		6	*		
P ED 206	Essentials of Strength & Conditioning				
P ED 241	Exercise Adherence & Compliance				
P ED 307	Motor Learning & Development				
P ED 342	Psychology of Injury				
Activity classes:					
DANC 131/132 or	Elementary or Ballet	1			
DANC 141/142					
P ED 114	Aquatic Fitness and Conditioning	.5			
P ED 117	Weight Training	.5			
Senior Program & Inte	rnship Experiences				
	enior Seminar	3			1
Experiential Learning (EX L) in an appropriate area <sup>1</sup>					

<sup>1</sup>Internships must be pre-approved by the Director of the Sport and Exercise Studies program or the student's major advisor. The internship experience must be completed by the end of first semester senior year. Summer internships are also acceptable.

## \*Specify the course you are using to fulfill the requirement. Also use this space to list transfer courses or another course you are being allowed to substitute. Note: The Request for Substitution of Major Requirement Form must be completed for substituted courses.

I am aware of the specific requirements for this major and recognize that I must complete all requirements with a minimum QPR of 2.0 (rounded). I understand that I am responsible for completing successfully all courses, for determining that scheduling will allow me to fulfill requirements, including the senior program, and for obtaining approval for any courses taken at another institution.

Signature of Student		Date
For Declaration of Major:	Successful completion of this program sati	sfies major requirements.

Department Chair/Program Coordinator\_\_\_\_\_ Advisor will be\_\_\_\_\_