

Bachelor of Science  
HEALTH & FITNESS MANAGEMENT

Points  
of  
Contact

Website: <http://www.clayton.edu/arts-sciences/science/hfm>

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Students will be advised by a Faculty Advisor after earning 45 credit hours.

General  
Program  
Information

The baccalaureate (BS) program in Health & Fitness Management will prepare graduates to obtain entry-level positions in corporate fitness, personal training, health education/promotion, physical therapy and other areas of health and fitness services. The Health & Fitness Management curriculum will also prepare graduates to further their education in the fields of Exercise Science or Business.

Course &  
Curriculum  
Information

- A current Curriculum Worksheet, listing all courses required for the program may be found at <http://www.clayton.edu/arts-sciences/science/hfm> under “Advisement Sheet.”
- Students will complete Areas A—E of the general core curriculum with no specific course requirements. Introduction to Statistics (MATH 1231) is recommended for Area D2.
- Major Specific Electives (Area F) requires completion of Anatomy & Physiology I & II (BIOL 1151/L & BIOL 1152/L), Principles of Accounting (ACCT 2101), Principles of Economics (ECON 2105), Survey of Health & Fitness Professions (HFMG 1101) and First Aid & CPR (HFMG 2110).
- A minimum grade of a “C” better is required in all Area F courses.

B.S. HEALTH & FITNESS MANAGEMENT

Curriculum  
Overview

General Core Curriculum Requirements (Areas A-E)	42 Credit Hours
Major Specific Electives (Area F)	+18 Credit Hours
Total Lower Division Courses (1000-2000 Level)	60 Credit Hours
Program Core Requirements (3000-4000 Level)	30 Credit Hours
Upper Division Requirements	21 Credit Hours
Capstone Program Requirements	9 Credit Hours
Total (Graduation)	=120 Credit Hours

Career &  
Advanced  
Studies  
Information

Information on potential careers can be found on the Health & Fitness Management website at: <http://a-s.clayton.edu/science/HFM/jobinfo.htm> under **“What Kind of Job Can I Expect to Get?”**