

Piedmont College
4-year plan

Program: BS in Sport and Fitness Administration (Coaching Track)

Program Mission Statement: The sport and fitness administration program seeks to prepare undergraduate students for careers involving the organization, administration, and supervision of sport and fitness programs by providing the theoretical foundations for both business (management, marketing, accounting, and economics) and sport science (health promotion, fitness assessment and prescription, biomechanics, and sport nutrition) through exemplary classroom and laboratory instruction. Furthermore, the program is dedicated to respecting individual diversity, engaging the community through internships and service, and providing the pre-requisite courses for students wishing to pursue an MBA upon graduation.

FIRST YEAR FALL		FIRST YEAR SPRING	
PDMT 1101 Intro to College Life	1	Art, Music or Theater requirement	3
ENGL 1101 Rhetoric and Composition	3	ENGL 1102 Literature and Composition	3
Math 1300 Elementary Statistics	3	HSCS 2202 Care and Prevention	3
BIOL/BLAB 1101 General Biology 1 (pre-re for 2100)	4	BIOL/BLAB 2100 Human Anat. & Physiology I	4
HSCS 1110 Introduction to Health Science	3	MCOM 1110 or BUSA 2000	3
HSCS 1101 Emergency Care Techniques	2		
Total Hours	16	Total Hours	16

SECOND YEAR FALL		SECOND YEAR SPRING	
Foreign Language Requirement	3	Foreign Language Requirement	3
BUSA 1210 Economics	3	HSCS 2301 Health Promotion	3
HSCS 2221 Kinesiology and Biomechanics	3	HSCS 3321 Fitness Assessment and Prescription	3
BIOL/BLAB 2110 Human Anatomy & Physiology II	4	BIOL/BLAB 2150 Medical Microbiology	4
BUSA 2200 Marketing	3	BUSA 2700 Management	3
Total Hours	16	Total Hours	16

THIRD YEAR FALL		THIRD YEAR SPRING	
ANTH 1102, ANTH 2250, EDUC 4401, ENGL 2201, ENGL 2202, HIST 1111, HIST 1112, or RELG 1101	3	HSCS 3340 Sport Psychology	3
Elective	3	HSCS 3430 Athletic Administration	3
PSYC 1101 or SOCI 1101	3	Elective	3
HSCS 2321 Coaching	3	Elective	3
PSYC 1101 or SOCI 1101	3	PSYC 2290 Human Growth & Development	3
Total Hours	15	Total Hours	15

FOURTH YEAR FALL		FOURTH YEAR SPRING	
HSCS 4410 Research Methodology	3	HSCS 4499 Internship	2
HSCS 2210 Basic Nutrition	3	HSCS 4440 Sport Nutrition	3
Elective	3	HSCS 4450 Capstone	3
Elective	3	MATH 1100 or 1113 or 2450	3
HIST 2212 or POSC 1101	3	Elective	1
Total Hours	15	Total Hours	12
		Total Hours for Program	121