

Stautzenberger Institute Schedule - January 17-March 30, 2012

12-1 Health & Wellness Classes

Name: _____ Approved: _____

<u>Course #</u>	<u>Course Description</u>	<u>Days</u>	<u>Time</u>	<u>Cr.</u> <u>Hr.</u>	<u>Student</u> <u>Initial</u>	<u>Prog Dir.</u> <u>Initial</u>
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Monday/Wednesday Days - 10

PFT 260	Fitness Lab 2	M W	9:00 AM	12:40 PM			
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Monday/Wednesday Days - 30

PFT 110A	Exercise Psychology	M W	1:40 PM	4:20 PM			
PFT 230	Fitness Management	MW	1:40 PM	4:20 PM			

Monday/Wednesday Nights - 50

PFT 145	Exercise Physiology*	M W	6:00 PM	8:40 PM			
PFT 135	Fitness Training Lab 2*	M W	5:30 PM	9:10 PM			
PFT 290	Externship Review	M only	6:00 PM	8:00 PM			

Monday/Wednesday/Friday Days - 10

MAS 123	Massage AP 2*	M W	9:00 AM	12:00 PM			
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Monday/Wednesday/Friday Days - 30

MAS 112	Ethics in Massage*	M W	1:00 PM	2:00 PM			
MAS 134	Massage Therapy 2*	M W	2:00 PM	5:30 PM			

Tuesday/Thursday Days - 20

PFT 115	Fitness Lab 1*	T R	8:30 AM	12:10 PM			
PFT 200	Kinesiology	T R	9:00 AM	11:40 AM			
PFT 242	Fitness Nutrition*	T R	9:00 AM	11:40 AM			

Tuesday/Thursday Days - 40

PFT 105	Anatomy & Physiology 1*	T R	12:40 PM	3:20 PM			
PFT 220	Fitness Lab 1	T R	12:40 PM	4:20 PM			

Tuesday/Thursday Nights - 60

PFT 125	Kinesiology 1*	T R	6:00 PM	8:40 PM			
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*=new program

as of 12/12/11