

HEALTH & HUMAN PERFORMANCE (HHPER.BS)

<u>Required Courses</u>		<u>Hrs.</u>	<u>Prereq.</u>	<u>Rec.Yr.</u>
EXSC 140	First Aid & Safety	3		Fr
EXSC 168	Medical Terminology	3		Fr
EXSC 205	Foundations of Health & Wellness	3		Soph
EXSC 240	Fundamentals of Human Nutrition	3		Soph/Jr
EXSC 261	Found of Sport & Exercise Psychology	3	PSYC 101	Soph
EXSC 320	Exercise Physiology	3	BIOL 151, 152	Jr
EXSC 320L	Exercise Physiology Lab	1	Corereq EXSC 320	Jr
EXSC 325	Kinesiology	3	BIOL 151, 152	Jr
EXSC 325L	Kinesiology Lab	1	Corereq EXSC 325	Jr
EXSC 331	Exer Tests & Prescriptions Lab	1	EXSC 320; Coreq EXSC 338	Jr
EXSC 338	Exercise Test & Prescription	3	EXSC 320; Coreq EXSC 331 EXSC 240	Jr
EXSC 340	Advanced Topics in Nutrition	3		Jr
EXSC 360	Foundations of Strength & Conditioning	3		
EXSC 395	Exercise Science Internship	1	EXSC 338	Jr/Sr
EXSC 405	Clinical Experience I	1	EXSC 331, 338	Jr
EXSC 406	Clinical Experience II	2	EXSC 331, 338; EXSC 405 or P/I	
^EXSC 420	Research Design in Exercise Science	3	Senior standing	Sr
BIOL 151	Anatomy & Physiology I	4		Soph
BIOL 152	Anatomy & Physiology II	4	BIOL 151	Soph
HSCI 220	Understanding Health Behavior	3		Soph
HSCI ***	One course selected from 110, 210, 230, 260, 345	3		Fr-Jr
PSYC 101	General Psychology	3		Fr
BUSI 131	Principles of Management <u>OR</u>	3		Fr
BUSI 151	Principles of Sport Management <u>OR</u>	3		Fr
EXSC 303	Organization & Admin. In Health Professions	3		Jr
		<u>60</u> hours		

^Satisfies advanced writing requirement

NAME: _____

B.S. Degree: Health & Human Performance Major (for students entering in Fall 2020/Spring 2021)

In the "WHAT" column, enter the specific course number when applicable--e.g. HIST 121. In the "WHEN" column, enter the term and year in which the requirement is satisfied--e.g., sp '00.

General Education		Health & Human Performance Major (B.S.)	
WHAT	WHEN	WHAT	WHEN
_____	ENGL 101/INDS 106* w/ C (2.0) [3 hrs]	_____	BIOL 151 [4 hrs]
_____	ENGL 102/INDS 102* w/ C(2.0)* [3 hrs]	_____	BIOL 152 [4 hrs]
_____	COMM 211/INDS 103 w/ C(2.0) [3 hrs]	_____	EXSC 140 [3 hrs]
_____	Dept senior seminar/writing course	_____	EXSC 168 [3 hrs]
_____	Met by: _____ EXSC 420 [3 hrs]	_____	EXSC 205 [3 hrs]
_____	_____ BIOL/CHEM/ENVS/PHSC/PHYS w/ lab	_____	EXSC 240 [3 hrs]
_____	/INDS 112 [3-4 hrs]	_____	EXSC 261 [3 hrs]
_____	MATH (except 112,141,203,205)/	_____	EXSC 320 [3 hrs]
_____	BIOL 215/PSYC 230/INDS 114 [3-4 hrs]	_____	EXSC 320L [1 hr]
_____	RELG/INDS 111 [3 hrs]	_____	EXSC 325 [3 hrs]
_____	PHIL/INDS 110 [3 hrs]	_____	EXSC 325L [1 hr]
_____	INDS 120/INDS 116 [3 hrs]	_____	EXSC 331 [1 hr]
_____	Any literature course/INDS 113[3 hrs]	_____	EXSC 338 [3 hrs]
_____	Fine Arts	_____	EXSC 340 [3 hrs]
_____	_____ ART/DANC/MUSC/THRE/	_____	EXSC 360 [3 hrs]
_____	ENGL 213/INDS 107 [3 hrs]	_____	EXSC 395 [1 hr]
_____	OR	_____	EXSC 405 [1 hr]
_____	_____ MUSC/THRE [2 hrs]	_____	EXSC 406 [2 hrs]
_____	_____ same discipline [1 hr]	_____	EXSC 420 [3 hrs]
_____	OR	_____	PSYC 101 [3 hrs]
_____	_____ MUSC/THRE [1 hr]	_____	HSCI 220 [3 hrs]
_____	_____ same discipline [1 hr]	_____	HSCI 110/210/230/260/345 [3 hrs]
_____	_____ same discipline [1 hr]	_____	BUSI 131/151/EXSC 303 [3 hrs]
_____	HIST 100 or 200 level except HIST-201/	_____	60 semester hours
_____	or INDS-117 [3 hrs]	_____	120 semester hrs required for graduation
_____	CJUS/GEOG/GNST/ECON/POLS/PSYC/		
_____	SOCI/INDS 104 [3 hrs]		
_____	US Cultural Studies/INDS 109 [3 hrs]		
_____	Non-Western Cultural Studies/		
_____	INDS 108 [3 hrs]		
_____	EXSC 110/130/201/205/240/EXSC 120/121		
_____	/INDS 105 [3 hrs]		

➤Except in specifically approved majors, a maximum of 52 hours in an academic discipline may count toward graduation. Three hours over the limit may count to accommodate an internship in the discipline.

➤The following limits apply when counting hours applicable toward the 120 required for graduation: 4 hours of Physical Education activity and 8 hours of Music ensemble.

*Enter NA (not applicable) if waived upon admission or if completing the honors program.