HEALTH & HUMAN PERFORMANCE (HHPER.BS)

Required Courses		Hrs.	Prereq.	Rec.Yr.
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/Jr
EXSC 320	Exercise Physiology	3	BIOL 151, 152	Jr
EXSC 320L	Exercise Physiology Lab	1	Pre or corereq EXSC 320	Jr
EXSC 325	Kinesiology	3	BIOL 151, 152	Jr
EXSC 325L	Kinesiology Lab	1	Pre or 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	Jr
EXSC 340	Advanced Topics in Nutrition	3	EXSC 240	Jr/Sr
EXSC 360	Foundations of Strength & Conditioning	3	EXSC 320, 325	Jr/Sr
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 HSCI 110, 210, 230, 260, 345	3		Fr-Jr
PSYC 101	General Psychology	3		Fr
BUSI 131	Principles of Management OR	3		Fr
BUSI 151	Principles of Sport Management OR	3		Fr
EXSC 303	Organization & Admin. In Health Professions	3		Jr

60 hours

^Satisfies advanced writing requirement

NAME: _____

B.S. Degree: Health & Human Performance Major (for students entering in Fall 2022/Spring 2023)

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 '20.

General Education		Health & Human Performance Major (B.S.)	
WHAT WHEN		WHAT WHEN	

General Education

WHAT   WHEN

_____ ENGL 101* w/ C (2.0) [3 hrs]
_____ ENGL 110 w/ C (2.0)* [3 hrs]
_____ COMM 211 w/ C (2.0) [3 hrs]
Dept senior seminar/writing course
Met by: _____ EXSC 420 [3 hrs]

_____ FYEX 101 [3 hrs]
_____ FYEX 102 [1 hr]
_____ _____ FYEX 103/104/105/106/107 [1 hr]
_____ _____ FYEX 103/104/105/106/107 [1 hr]

_____ _____ Foundational Scientific Inquiry [3-4 hrs]
_____ _____ Foundational Quantitative Analysis [3-4 hrs]

_____ _____ Ethical/Spiritual Explor Lens (ETSP) [3 hrs]
_____ _____ Aesthetic Expression Lens (AEXP) [3 hrs]
_____ _____ Per & Soc Well Being Lens (PSWB) [3 hrs]
_____ _____ Cultural Expression Lens (CEXP) [3 hrs]
_____ _____ Experimental Inquiry Lens (EXIN) [3 hrs]

_____ INDS 401 [1 hr]
_____ INDS 402 [1 hr]

35 – 41 Total semester hours

_____ 120 semester hours required for graduation

*Enter NA (not applicable) if waived upon admission

Health & Human Performance Major (B.S.)

WHAT   WHEN

_____ BIOL 151 [4 hrs]
_____ BIOL 152 [4 hrs]
_____ EXSC 140 [3 hrs]
_____ EXSC 168 [3 hrs]
_____ EXSC 205 [3 hrs]
_____ EXSC 240 [3 hrs]
_____ EXSC 261 [3 hrs]
_____ EXSC 320 [3 hrs]
_____ EXSC 320L [1 hr]
_____ EXSC 325 [3 hrs]
_____ EXSC 325L [1 hr]
_____ EXSC 331 [1 hr]
_____ EXSC 338 [3 hrs]
_____ EXSC 340 [3 hrs]
_____ EXSC 360 [3 hrs]
_____ EXSC 395 [1 hr]
_____ EXSC 405 [1 hr]
_____ EXSC 406 [2 hrs]
_____ EXSC 420 [3 hrs]
_____ PSYC 101 [3 hrs]
_____ HSCI 220 [3 hrs]
_____ _____ HSCI 110/210/230/260/345 [3 hrs]
_____ _____ BUSI 131/151/EXSC 303 [3 hrs]

_____ 60 semester hours

_____ 120 semester hrs required for graduation

➢ 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.