

## 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 220                | Psychology of Injury                                     | 3               | PSYC 101                             | Soph           |
|                         | <u>OR</u>                                                |                 |                                      |                |
| EXSC 261                | Found of Sport & Exercise Psychology                     | 3               | PSYC 101                             | Soph/Jr        |
| EXSC 240                | Fundamentals of Human Nutrition                          | 3               |                                      | Soph/Jr        |
| EXSC 320                | Exercise Physiology                                      | 3               | BIOL 151, 152                        | Jr             |
| EXSC 320L               | Exercise Physiology Lab                                  | 1               | Pre or corereq<br>EXSC 320           | Jr             |
| EXSC 325                | Kinesiology                                              | 3               | BIOL 151, 152                        | Jr             |
| EXSC 325L               | Kinesiology Lab                                          | 1               | Pre or corereq<br>EXSC 325           | Jr             |
| EXSC 331                | Exer Tests & Prescriptions Lab                           | 1               | EXSC 320;<br>Coreq EXSC 338          | Jr             |
| EXSC 338                | Exercise Test & Prescription                             | 3               | EXSC 320; Coreq<br>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 401                | Final Year Portfolio Showcase                            | 1               | Coreq EXSC 406                       | Sr             |
| EXSC 405                | Clinical Experience I                                    | 1               | EXSC 331, 338                        | Jr             |
| EXSC 406                | Clinical Experience II                                   | 2               | EXSC 331, 338;<br>EXSC 405 or P/I    |                |
| ^EXSC 420               | Research Design in Exercise Science                      | 3               | Senior standing                      | Sr             |
| BIOL 151                | Anatomy & Physiology I                                   | 3               |                                      | Soph           |
| BIOL 151L               | Lab                                                      | 1               | Coreq BIOL 151                       | Soph           |
| BIOL 152                | Anatomy & Physiology II                                  | 3               | Successful completion<br>of BIOL 151 | Soph           |
| BIOL 152L               | Lab                                                      | 1               | Coreq BIOL 152                       | Soph           |
| HSCI 220                | Understanding Health Behavior                            | 3               |                                      | Soph           |
| HSCI ***                | One course selected from<br>HSCI 110, 210, 230, 260, 345 | 3               |                                      | Fr-Jr          |
| PSYC 101                | General Psychology                                       | 3               |                                      | Fr             |
| BUSI 131                | Principles of Management                                 | 3               |                                      | Fr             |
|                         | <u>OR</u>                                                |                 |                                      |                |
| BUSI 151                | Principles of Sport Management                           | 3               |                                      | Fr             |
|                         | <u>OR</u>                                                |                 |                                      |                |
| EXSC 303                | Organization & Admin. In Health Professions              | 3               |                                      | Jr             |
|                         |                                                          | <u>61 hours</u> |                                      |                |

^Satisfies advanced writing requirement

NAME: \_\_\_\_\_

**B.S. Degree: Health & Human Performance Major (for students entering in Fall 2026/Spring 2027)**

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.

| Liberal Arts Core                                                                                                      |                                                |
|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| 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]   |
| _____                                                                                                                  | Foundational Humanities & Liberal Arts [3 hrs] |
| No more than two lens courses may come from same departmental prefix and one lens must be taken at 300 level or above. |                                                |
| _____                                                                                                                  | Ethical/Spiritual Explor Lens (ETSP) [3 hrs]   |
| _____                                                                                                                  | Aesthetic Expression Lens (AEXP) [3 hrs]       |
| _____                                                                                                                  | Per & Soc Well Being Lens (PSWB) [3 hrs]       |
| _____                                                                                                                  | #Satisfied by EXSC 240                         |
| _____                                                                                                                  | Cultural Perspectives Lens (CEXP) [3 hrs]      |
| _____                                                                                                                  | Experimental Inquiry Lens (EXIN) [3 hrs]       |
| _____                                                                                                                  | 39 - 41 Total semester hours                   |
| _____                                                                                                                  | 120 semester hours required for graduation     |

\*Enter NA (not applicable) if waived upon admission

#Lens course in the major

For students classified as transfers, FYEX course requirements are dependent upon total transferrable credit hours.

| Health & Human Performance Major (B.S.) |                                          |
|-----------------------------------------|------------------------------------------|
| WHAT                                    | WHEN                                     |
| _____                                   | BIOL 151 [3 hrs]                         |
| _____                                   | BIOL 151L [1 hr]                         |
| _____                                   | BIOL 152 [3 hrs]                         |
| _____                                   | BIOL 152L [1 hr]                         |
| _____                                   | EXSC 140 [3 hrs]                         |
| _____                                   | EXSC 168 [3 hrs]                         |
| _____                                   | EXSC 205 [3 hrs]                         |
| _____                                   | EXSC 220/261 [3 hrs]                     |
| _____                                   | #EXSC 240 [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 401 [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]            |
| _____                                   | 61 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.