

**BACHELOR OF SCIENCE DEGREE
HEALTH AND HUMAN PERFORMANCE**

GSC 100 The First Year Experience 1 hour

All degree seeking students are required to take GSC 100 during their first semester. GSC 100 may be used to satisfy one hour of the General Electives requirement.

General Education Requirements 39 hours

Students in Health and Human Performance must complete BIOL 120 and PSYC 201 as part of the General Education requirements. Students seeking an Exercise Science major must also complete MATH 115.

Health and Human Performance Core 14 hours

BIOL 120	Principles of Biology I	
HLTH 102	Introduction to Health Promotion	3
HLTH 105	Human Nutrition	3
HLTH 232	Foundations of Health	2
HLTH 293	Lifetime Fitness and Wellness (Gateway Course)	3
PSYC 201	General Psychology	
PSYC 250	Lifespan Development	3

Select one of the following majors:

Athletic Conditioning and Coaching Major 45 hours

EXSC 375	Strength and Conditioning Leadership	3
EXSC 455	Psychology of Exercise and Sport	3
EXSC 493	Practicum (Capstone Course)	6
HLTH 331	Foundations of Anatomy and Physiology	4
PED 121	Foundations of Physical Education and Sport	2
PED 224	Assisting in Sports/Camps/Intramurals/Coaching	2
PED 232	Philosophy and Techniques in Sport Coaching	2
PED 265	Diversity and Ethics in Sport	3
PED 325	Athletic Coaching and Administration	3
PED 333	Motor Learning and Development	2
PED 450	Career Planning in Sports	3
PSYC 330	Social Psychology	3
SMGT 130	Introduction to Sport Management	3
SMGT 330	Event and Sport Facilities Management	3
SMGT 430	Legal Aspects of Sport	3

Exercise Science Major 48 hours

BIOL 309	Anatomy and Physiology I	4
BIOL 310	Anatomy and Physiology II	4
EXSC 375	Strength and Conditioning Leadership	3
EXSC 455	Psychology of Exercise and Human Performance	3
EXSC 465	Human Performance Testing	4
EXSC 493	Practicum (Capstone Course)	12
HLTH 107	Introduction to Medical Terminology	1
HLTH 400	Applied Nutrition	3
HLTH 425	Wellness Programming and Administration	3
HLTH 435	Research Methods in Health and Human Performance	3

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MATH 115	College Algebra	
PED 332	Kinesiology	3
PED 333	Motor Learning and Development	2
PED 421	Exercise Physiology	3

Health Promotion Major

48 hours

ENVR 255	Health and Safety	3
HLTH 107	Introduction to Medical Terminology	1
HLTH 331	Foundations of Anatomy and Physiology	4
HLTH 341	Community and Environmental Health	2
HLTH 342	Health Disparities in Vulnerable Populations	3
HLTH 425	Wellness Programming and Administration	3
HLTH 435	Research Methods in Health and Human Performance	3
HLTH 493	Practicum (Capstone Course)	12
NPLM 101	Introduction to Nonprofit Organizations	3
NPLM 201	Nonprofit Practices and Procedures	3
SAFE 327	Legal Aspects and General Safety	2
SAFE 338	Emergency Services and Disaster Preparedness	3
SOCL 105	Interviewing and Counseling	3
SOCL 209	Social Problems	3

General Electives

19-22 hours

Total minimum hours required for degree

120-121 hours

Advising Note:

Students who choose to take BIOL 309 must also complete BIOL 120 with a grade of “C” or above.
Students who choose to take PSYC 250 must also complete PSYC 201.

Students pursuing the degree in Health and Human Performance are advised to consult with their academic advisor as to the need to include among their general electives the following courses:

PSYC 310	Abnormal Psychology
PSYC 360	Psychology of Human Sexuality
PSYC 380	Drugs and Human Behavior
SOCL 340	Death and Dying

Students majoring in Exercise Science or Athletic Conditioning and Coaching are advised to consult with their academic advisor as to the need to include among their general electives:

HLTH 342	Health Disparities in Vulnerable Populations
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Students who intend to pursue graduate education in Physical Therapy, Occupational Therapy, Athletic Training, Prosthetics and Orthotics and related programs usually need additional math and science courses to qualify for admission. Students should discuss career goals with their advisors early in the course of their studies so that they can take these courses in a timely manner.

GATEWAY ASSESSMENT – HLTH 293 - CAPSTONE ASSESSMENT EXSC/HLTH 493