BACHELOR OF SCIENCE DEGREE HEALTH AND HUMAN PERFORMANCE EXERCISE SCIENCE

GSC 100 The First Year Experience 0 hour

All degree seeking students are required to take GSC 100 during their first semester.

General Education Requirements 39 hours

Students in Health and Human Performance must complete BIOL 120, MATH 115, and PSYC 201 as part of the General Education requirements.

Health and Human Performance Core			**31 hours**
BIOL	120	Principles of Biology I	
EXSC	455	Psychology of Exercise	3
EXSC	493	Practicum	6
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
MATH	115	College Algebra	
MATH	256	Probability and Statistics I	3
PED	333	Motor Learning and Development	2
PSYC	201	General Psychology	
PSYC	250	Lifespan Development	3
PSYC	380	Drugs and Human Behavior	3

Exercise Science Major			**41 hours**
BIOL	309	Anatomy and Physiology I	4
BIOL	310	Anatomy and Physiology II	4
EXSC	375	Strength and Conditioning Leadership	3
EXSC	465	Human Performance Testing	4
HLTH	107	Introduction to Medical Terminology	3
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
PED	131	Introduction to Athletic Training	3
PED	327	Adapted Physical Education	2
PED	332	Kinesiology	3
PED	421	Exercise Physiology	3
SOCL	105	Interviewing and Counseling	3

Restricted Electives			**9 hours**
BIOL	121	Principles of Biology II	4
CHEM	101	General Chemistry I	4
CHEM	102	General Chemistry II	4
PHYS	201	General Physics I	4
PHYS	202	General Physics II	4
PSYC	310	Abnormal Psychology	3
PSYC	330	Social Psychology	3
PSYC	420	Theories of Personality	3
SOCL	205	Principles of Sociology	3

Total minimum hours required for degree 120 hours

GATEWAY ASSESSMENT – HLTH 293 - CAPSTONE ASSESSMENT EXSC 493