

**BACHELOR OF SCIENCE
HEALTH AND HUMAN PERFORMANCE
ATHLETIC CONDITIONING AND COACHING**

GSU 100 The First Year Experience 0 hour

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

General Education Requirements 30 hours

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

Health and Human Performance Core 24 hours

BIOL	120	Principles of Biology I	
EXSC	455	Psychology of Exercise	3
EXSC	493	Practicum	6
HLTH	101	Introduction to Health & Human Performance	3
HLTH	105	Human Nutrition	3
HLTH	293	Lifetime Fitness and Wellness (Gateway Course)	3
MATH	115	College Algebra	
MATH	256	Probability and Statistics I	3
PED	201	First Aid and Safety	1
PED	333	Motor Learning and Development	2
PSYC	201	General Psychology	

Athletic Conditioning and Coaching Major 48 hours

EXSC	375	Strength and Conditioning Leadership	3
EXSC	490	Test Taking Strategies for the CSCS Exam	3
HLTH	240	Introduction to Anatomy & Kinesiology (OR)	
HLTH	231*	Anatomy & Physiology II	4
MRKT	201	Principles of Marketing	3
PED	131	Introduction to Athletic Training	3
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	327	Adapted Physical Education	2
PED	450	Career Planning in Sports	3
SMGT	130	Introduction to Sport Management	3
SMGT	330	Event and Sport Facilities Management	3
SMGT	335	Sport Marketing	3
SMGT	430	Legal Aspects of Sport	3
Restricted Electives		(select from the following)	5
EXSC	350	Orthopedic Evaluation of the Lower Extremity	4
EXSC	351	Orthopedic Evaluation of the Upper Extremity	4
EXSC	410	Exercise for Populations with Chronic Conditions	2
HLTH	341	Community and Environmental Health	2
HLTH	342	Health Disparities in Vulnerable Populations	3
HLTH	435	Research Methods in Health and Human Performance	3
PSYC	310	Abnormal Psychology	3

(continued on next page)

General Electives **18 hours**

Total minimum hours required for degree **120 hours**

*Students who have already completed HLTH 230 may elect to complete HLTH 231 to finish that course sequence instead of completing HLTH 240.

GATEWAY ASSESSMENT – HLTH 293

CAPSTONE ASSESSMENT EXSC 493

**BS: HEALTH AND HUMAN PERFORMANCE
ATHLETIC CONDITIONING AND COACHING
SUGGESTED PLAN OF STUDY**

*Students with ACT MATH score of 20 or lower, or SAT MATH score of 520 or lower must take MATH 108 in the fall semester.

FIRST YEAR*

CART 101.....	3	ART 200 (OR) MUSC 200	2
ENGL 101.....	3	BIOL 120.....	4
GSU 100.....	0	ENGL 102.....	3
HIST 201, 202, 207, 208 (OR) POSC 203.....	3	HIST 201, 202, 207, 208 (OR) POSC 203.....	3
HLTH 101.....	3	MATH 115.....	3
HLTH 105.....	3	Total Hours - Spring Semester.....	15
Total Hours - Fall Semester	15		

SECOND YEAR

ENGL 203, 204, 205 (OR) 206	3	HLTH 240 (OR) 231.....	4
MATH 256	3	HLTH 293.....	3
PED 201	1	MRKT 201.....	3
PED 224 (OR) PED 232	2	PED 131	3
PED 265	3	PSYC 201	3
SMGT 130	3	Total Hours - Spring Semester.....	16
Total Hours - Fall Semester	15		

THIRD YEAR

EXSC 375.....	3	PED 325	3
PED 224 (OR) PED 232	2	PED 450 (OR) SMGT 430.....	3
PED 327	2	SMGT 335	3
SMGT 330	3	GENERAL (OR) RESTRICTED ELECTIVES	6
GENERAL (OR) RESTRICTED ELECTIVES	5	Total Hours - Spring Semester	15
Total Hours - Fall Semester	15		

FOURTH YEAR

EXSC 455	3	EXSC 490	3
PED 333	2	EXSC 493**.....	6
GENERAL (OR) RESTRICTED ELECTIVES	9	PED 450 (OR) SMGT 430.....	3
Total Hours - Fall Semester	14	GENERAL (OR) RESTRICTED ELECTIVE.....	3
		Total Hours - Spring Semester	15

**Students who have completed 90 or more credit hours may elect to take EXSC 493 during the summer after their third or fourth year. EXSC 493 may be split into two 3-credit courses taken during different semesters.