

**B.S. HUMAN PERFORMANCE AND PHYSICAL EDUCATION
DEGREE REQUIREMENTS (2021-2022)
Concentration in Exercise Science**

Student Name: _____

Mentor: _____

GENERAL EDUCATION CORE REQUIREMENTS

Course	Credit Hrs.	Term Taken	Grade
First Year Experience FYE 101.....	1	_____	_____
FYE 102 or approved substitute	1	_____	_____
English ENG 101/101E.....	3	_____	_____
ENG 102/103	3	_____	_____
Literature ENG <u>201, 202, 203, 204, 205, or 206</u>	3	_____	_____
History HIS <u>111, 112, 201 or 202</u>	3	_____	_____
Religion/Philosophy			
REL <u>101, 102, 201, or 241</u>	3	_____	_____
Fine Arts (3 hours selected from ART 121, ART 131, ART 143, ART 211, ART 251, MUS 231, MUS 233, MUS 235, MUS 236, or ENG/DRA 131)			
_____	3	_____	_____
Additional Humanities (Choose an additional course from the Literature, History, Religion/Philosophy, or Fine Arts choices)			
_____	3	_____	_____
Speech ENG/COMM 221	3	_____	_____
Math MAT 231	3	_____	_____
Natural Science			
BIO 111	4	_____	_____
BIO 112	4	_____	_____
Physical Education (any activity course)			
HPPE _____	1	_____	_____
Social Sciences (3 hours selected from PSY 113, SOC 211, BUS 201 BUS 202, or HIS 221)			
_____	3	_____	_____
 <u>For B.S. Degree</u> – Computer Literacy			
<u>MIS 110, 220, or CS 110</u>	3	_____	_____

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Courses	Credit Hrs.	Term Taken	Grade
Major Field of Study	<u>48</u>		
BIO 201 Human Anatomy & Physiology I	4	_____	_____
BIO 202 Human Anatomy & Physiology II	4	_____	_____
HPPE Activity Course	1	_____	_____
HPPE 200 Foundations of Health, Physical Education, and Sport.....	3	_____	_____
HPPE 211 First Aid and Emergency Care.....	3	_____	_____
HPPE 240 Nutrition for Health and Performance	3	_____	_____
HPPE 340 Advanced Strength & Conditioning.....	3	_____	_____
HPPE 343 Essentials of Adaptive Physical Education	3	_____	_____
HPPE 390 Research Methods in Human Performance.....	3	_____	_____
HPPE 401 Exercise Physiology	3	_____	_____
HPPE 406 Kinesiology/Biomechanics	3	_____	_____
HPPE 423 Tests and Measurement in Physical Education.....	3	_____	_____
HPPE 430 Exercise Prescription & Fitness Appraisal	3	_____	_____
HPPE 498 Human Performance Internship	6	_____	_____
HPPE 499 Human Performance Capstone.....	3	_____	_____
Human Performance & PE Electives (choose from the list below)	<u>15</u>		
HPPE 111 Personal and Community Health	3	_____	_____
HPPE 210 Human Performance Practicum	3	_____	_____
HPPE 320 Motor Learning	3	_____	_____
HPPE 324 Philosophy and Techniques in Coaching.....	3	_____	_____
HPPE 325 Activity Skills: Team and Individual	3	_____	_____
HPPE 330 Assessment and Care of Athletic Injuries	3	_____	_____
HPPE 350 Competition: The Pursuit of Excellence	3	_____	_____
HPPE 399 Special Topics in HPPE	3	_____	_____
HPPE 420 Cardiovascular Exercise Physiology.....	3	_____	_____
HPPE 421 Exercise Electrocardiography	3	_____	_____
Elective Courses*	<u>13*</u>		
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Total Hours Required for Degree.....	<u>120*</u>		

*At least 42 hours must be upper-level (300 or 400)
*All HPPE majors must make a “C” or higher in all HPPE courses.