**General Education Core Requirements (45)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course** | **Credit Hour** | **Term Taken** | **Grade** |
| FYE 101 First Year Experience | 1 |  |  |
| FYE 102 or approved substitute | 1 |  |  |
| ENG 101/101E\* | 3 |  |  |
| ENG 102/103\* | 3 |  |  |
| ENG 201, 202, 203, 204, 205, 206, or 210 | 3 |  |  |
| HIS 111, 112, 201 or 202 | 3 |  |  |
| REL 101, 102, 201, 202, 241, or 251 | 3 |  |  |
| Fine Art (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 |  |  |
| ENG/COMM 221\* | 3 |  |  |
| MAT 231 | 3 |  |  |
| BIO 111 | 4 |  |  |
| BIO 112 | 4 |  |  |
| HPPE \_\_\_\_\_\_ | 1 |  |  |
| Social Sciences PSY 113, SOC 211, BUS 201, BUS 202, or HIS 221 | 3 |  |  |
| For B.S.  MIS 110, 220, or CS 110 | 3 |  |  |

**Major Field of Study (48)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course** | **Credit Hour** | **Term Taken** | **Grade** |
| BIO 201  Human A& P I | 4 |  |  |
| BIO 202  Human A&P II | 4 |  |  |
| HPPE \_\_\_\_\_\_ | 1 |  |  |
| HPPE 200  Foundations of Health, PE, & Sport | 3 |  |  |
| HPPE 211  First Aid & Emergency Care | 3 |  |  |
| HPPE 240  Nutrition for Health & Performance | 3 |  |  |
| HPPE 340  Advanced Strength & Conditioning | 3 |  |  |
| HPPE 343  Essentials of Adaptive PE | 3 |  |  |
| HPPE 390  Research Methods in Human Performance | 3 |  |  |
| HPPE 401  Exercise Physiology | 3 |  |  |
| HPPE 406  Kinesiology/Biomechanics | 3 |  |  |
| HPPE 423  Tests & Measurement in PE | 3 |  |  |
| HPPE 430  Exercise Prescription & Fitness Appraisal | 3 |  |  |
| HPPE 498  Human Performance Internship | 6 |  |  |
| HPPE 499  Human Performance Capstone | 3 |  |  |

**Human Performance Electives (15)**

**Choose five (5) courses from HPPE 111, HPPE 210, HPPE 320, HPPE 324, HPPE 325, HPPE 330, HPPE 350, HPPE 399, HPPE 420, or HPPE 421**

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| --- | --- | --- | --- |
| **Course** | **Credit Hour** | **Term Taken** | **Grade** |
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**Electives Courses (13)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Course** | **Credit Hour** | **Term Taken** | **Grade** |
|  |  |  |  |
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|  |  |  |  |

**Total Hours Required for Degree (120)**

**Recommended Four-Year Plan**

**FRESHMAN YEAR**

**Fall Semester (14)**

FYE 101 (1)

ENG 101 (3)

BIO 111 (4)

MAT 231 (3)

History Core (3)

**SOPHOMORE YEAR**

**Fall Semester (17)**

BIO 201 (4)

HPPE 200 (3)

HPPE Activity (1)

MIS Core (3)

Literature Core (3)

Behavioral/Social Science Core (3)

**JUNIOR YEAR**

**Fall Semester (15)**

HPPE 340 (3)

HPPE 343 (3)

HPPE 401 (3)

Elective (3)

Elective (3)

**SENIOR YEAR**

**Fall Semester (15)**

HPPE 390 (3)

HPPE 430 (3)

HPPE Elective (3)

HPPE Elective (3)

Elective (3)

**Spring Semester (15)**

FYE 102 (1)

ENG 102 (3)

BIO 112 (4)

HPPE Activity (1)

Fine Arts Core (3)

Religion/Philosophy Core (3)

**Spring Semester (16)**

BIO 202 (4)

COMM 221 (3)

HPPE 221 (3)

HPPE 240 (3)

Humanities Core (3)

**Spring Semester (16)**

HPPE 406 (3)

HPPE 423 (3)

HPPE Elective (3)

HPPE Elective (3)

Elective (3)

Elective (1)

**Spring Semester (12)**

HPPE Elective (3)

HPPE 498 (6)

HPPE 499 (3)