

**Health & Human Performance Department -- 2008 - 2010 Four-Year Pathway for**

**Wellness/Fitness Management Concentration - 35 credits**

Year	Fall Semester	credits	Spring Semester	credits	General Education Requirements	
Freshman	HHP 102 Health & Wellness	3	HHP 158 Responding to Emergen.	2		credits
	HHP 110 Intro to Majors	1	HHP 203 Aerobics	1	CORE	
	HHP 100-200 Activity Course	0.5	Gen Eds	15	WRIT 101 & 102	6
	HHP 100-200 Activity Course	0.5			COMM 110	3
	HHP 160 Princ. Healthful Living	2			Math/Comp Sci	3
	Gen Eds	11			Health/Human Performance	3
	<b>total</b>	<b>18</b>	<b>total</b>	<b>18</b>	NON-WESTERN/DIVERSITY	Y/N
Sophomore	HHP 264 Structure & Function	3	HHP 265 Structure & Function	3	KNOWLEDGE	
	HHP 100-200 Activity Course	0.5	HHP 303 Personal Trainer	2	Humanities	9
	HHP 100-200 Activity Course	0.5	BIOL 316 Medical Terminology	2	Social Sciences	6
	HHP 282 Intro to Phys Assessment	1	Gen Eds	11	Natural/Physical Sciences	6
	Gen Eds	13			Environmental Course	
					Lab Course	
	<b>total</b>	<b>18</b>	<b>total</b>	<b>18</b>	Fine/Applied Arts	6
<i>This is only a suggested sequence; other sequences may be discussed with your advisor.</i>					History/Criticism/Apprec.	
					Aesthetic Experience	
					CO-REQUISITES	
Junior	Fall Semester	credits	Spring Semester	credits		
	HHP 312 Lifeguard Training	1	HHP 332 Motor Learning	3	Independent Learning in Major	Y/N
	HHP 340 Org & Admin	3	Gen Eds	15	Senior Experience Presentation	Y/N
	HHP 363 Exercise Physiology	3			<b>Total General Education Cr</b>	42
	Gen Eds	11				
	<b>total</b>	<b>18</b>	<b>total</b>	<b>18</b>		
Senior	HHP 366 Principles of Nutrition	3	Gen Eds	18		
	HHP 460 Corporate Comm Fitness	3				
	Gen Eds	12				
	<b>total</b>	<b>18</b>	<b>total</b>	<b>18</b>	Department Contact Information	
					email:	<a href="mailto:hhp@uwsuper.edu">hhp@uwsuper.edu</a>
					Phone:	715-395-4673