

Health & Human Performance Department -- 2012 - 2014 Four-Year Pathway for

Community Health Promotion Concentration - 59 credits (Comprehensive)

| Year | Fall Semester | credits | Spring Semester | credits | General Education Requirements | |
|---|------------------------------------|-----------|-----------------------------------|-----------|---|--|
| Freshman | HHP 102 Health and Wellness | 3 | HLTH 158 Respond to Emergencies | 2 | credits | |
| | HHP 110 Intro to HHP Majors/Minors | 1 | HHP 267 Ment'I Health/Stress Mgmt | 3 | CORE | |
| | HLTH 160 Intro to Health Science | 2 | Gen Eds | 10 | WRIT 101 & 102 | 6 |
| | Gen Eds | 9 | | | COMM 110 | 3 |
| | | | | | Math/Comp Sci | 3 |
| | | | | | Health/Human Performance | 3 |
| | total | 15 | total | 15 | NON-WESTERN/DIVERSITY | Y/N |
| Sophomore | HLTH 264 Structure & Function | 3 | HLTH 265 Structure & Function | 3 | KNOWLEDGE | |
| | HHP 282 Intro to Phys Assessment | 1 | HLTH 367 Human Sexuality | 3 | Humanities | 9 |
| | HLTH 366 Principles of Nutrition | 3 | HLTH 368 Drugs | 3 | Social Sciences | 6 |
| | Gen Eds | 8 | Gen Eds | 6 | Natural/Physical Sciences | 6 |
| | | | | | Environmental Course | |
| | | | | | Lab Course | |
| | total | 15 | total | 15 | 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 | |
| | | | | | | |
| Junior | Fall Semester | credits | Spring Semester | credits | CO-REQUISITES | |
| | HHP 340 Org & Admin | 3 | HHP 438 Meas & Eval of PE | 2 | Independent Learning in Major | Y/N |
| | PSYC 320 Health Psychology | 3 | HHP 372 Consumer Health | 2 | Senior Experience Presentation | Y/N |
| | Gen Eds/Electives | 9 | HHP 495 CTS: Epidemiology | 3 | Total General Education Cr | 42 |
| | | | HLTH 469 Disease | 3 | | |
| | | | Gen Eds/Electives | 5 | | |
| | total | 15 | total | 15 | | |
| Senior | HHP 458 Cert of Health Areas | 2 | HHP 496 Internship | 10 | <i>*Transfer students and students who change majors may not have elective credits to take.</i> | |
| | HLTH 470 Comm & Envir Health | 3 | HHP 494 Senior Workshop | 3 | | |
| | Gen Eds/Electives | 12 | | | | |
| | | | | | | |
| | total | 17 | total | 13 | Department Contact Information | |
| | | | | | email: | hhp@uwsuper.edu |
| | | | | | Phone: | 715-395-4673 |
| | | | | | Chair: | Glenn Carlson |

Health & Human Performance Department -- 2012 - 2014 Four-Year Pathway for

Exercise Science Concentration - 59 credits (Requires a Minor)

| Year | Fall Semester | credits | Spring Semester | credits | General Education Requirements | | | | | |
|---|------------------------------------|--------------|---------------------------------|-----------|----------------------------------|---------|------------------------------|---------|--|--|
| Freshman | HHP 102 Health and Wellness | 3 | HLTH 158 Respond to Emergencies | 2 | credits | | | | | |
| | HHP 110 Intro to HHP Majors/Minors | 1 | HHP 203 Aerobics | 1 | CORE | | | | | |
| | Activity Courses 100-200 | 2 | Gen Eds | 12 | WRIT 101 & 102 | 6 | | | | |
| | HLTH 160 Intro to Hlth Sci & Term | 2 | | | COMM 110 | 3 | | | | |
| | Gen Eds | 7 | | | Math/Comp Sci | 3 | | | | |
| | total | 15 | total | 15 | Health/Human Performance | 3 | | | | |
| Sophomore | HLTH 264 Structure & Function | 3 | HLTH 265 Structure & Function | 3 | NON-WESTERN/DIVERSITY | | Y/N | | | |
| | Activity Courses 100-200 | 1 | Gen Eds/Minor | 12 | KNOWLEDGE | | | | | |
| | HHP 282 Intro to Phys Assessment | 1 | | | Humanities | 9 | | | | |
| | Gen Eds/Minor | 10 | | | Social Sciences | 6 | | | | |
| | | | | | Natural/Physical Sciences | 6 | | | | |
| | total | 15 | total | 15 | Environmental Course | | | | | |
| <i>This is only a suggested sequence; other sequences may be discussed with your advisor.</i> | | | | | Lab Course | | | | | |
| | | | | | Fine/Applied Arts | 6 | | | | |
| | | | | | History/Criticism/Apprec. | | | | | |
| Junior | | | | | Aesthetic Experience | | | | | |
| | | | | | Fall Semester | credits | Spring Semester | credits | CO-REQUISITES | |
| | | | | | HHP 312 Aquatic Safety | 1 | HHP 332 Motor Learning | 3 | Independent Learning in Major | Y/N |
| | | | | | HHP 340 Org & Admin | 3 | HHP 337 Practicum in 102 Lab | 2 | Senior Experience Presentation | Y/N |
| | | | | | HHP 363 Exercise Physiology | 3 | HHP 362 Kinesiology | 2 | Total General Education Cr | 42 |
| | | | | | Gen Eds/Elective | 8 | Gen Eds/Minor | 8 | <i>*Students preparing for graduate school should consider creating an IDM minor that fulfills their pre-requisites for admission.</i> | |
| total | 15 | total | 15 | | | | | | | |
| Senior | | | | | Department Contact Information | | | | | |
| | | | | | HLTH 366 Principles of Nutrition | 3 | Gen Eds/Minor | 12 | email: | hhp@uwsuper.edu |
| | | | | | HHP 403 Personal Trainer | 2 | Capstone | 3 | Phone: | 715-395-4673 |
| | | | | | Electives (HHP 438) | 2 | | | Chair: | Glenn Carlson |
| Gen Eds/Minor | 8 | | | | | | | | | |
| total | 15 | total | 15 | | | | | | | |

Health & Human Performance Department -- 2012 - 2014 Four-Year Pathway for

Physical Education Major K-12 (EC-A) Certification - 59 credits

| Year | Fall Semester | credits | Spring Semester | credits | General Education Requirements | | | | |
|--|---------------------------------------|----------------|------------------------------------|----------------|--|--|---------------------------|---|--|
| Freshman Take PPST in Semester 2 | HHP 102 Health and Wellness | 3 | HLTH 158 Respond to Emergencies | 2 | credits | | | | |
| | HHP 110 Intro to HHP Majors/Minors | 1 | HHP 128 Softball | 0.5 | CORE | | | | |
| | HHP 125 Basketball | 0.5 | HHP 218 Cross-Country Ski | 0.5 | WRIT 101 & 102 | 6 | | | |
| | HHP 126 Field Sports | 0.5 | HHP 277 Badminton | 0.5 | COMM 110 | 3 | | | |
| | HHP 127 Soccer | 0.5 | HHP 278 Golf | 0.5 | Math/Comp Sci | 3 | | | |
| | HHP 130 Volleyball | 0.5 | HHP 280 Track & Field | 1 | Health/Human Performance | 3 | | | |
| | HHP 133 Folk/Square Dance | 2 | ENG 102 Freshman English II | 3 | NON-WESTERN/DIVERSITY | Y/N | TED 270 | | |
| | HHP 136 Social Dance | 1 | BIOL 100 Environmental Science | 2 | KNOWLEDGE | | | | |
| | ENG 101 Freshman English 1 | 3 | POLS 230 US State & Local Gvmt | 3 | Humanities | 9 | | | |
| | MATH 110 or COMM 110 | 3 | Additional Gen Eds/Minor | 3 | Social Sciences | 6 | | | |
| | total | 15 | | total | 16 | | Natural/Physical Sciences | 6 | |
| Sophomore | HHP 203 Group Fitness | 1 | HLTH 265 Structure & Function | 3 | Environmental Course | | | | |
| | HLTH 264 Structure & Function | 3 | HHP 234 Children's Tumbling | 1 | Lab Course | | | | |
| | HHP 275 Tennis/Raquetball | 1 | HHP 235 Children's Rhythms | 2 | Fine/Applied Arts | 6 | | | |
| | HHP 312/412 Aquatics | 1 | HHP 252 Care & Prevention | 2 | History/Criticism/Apprec. | | | | |
| | HHP 217 Curling/Broomball | 0.5 | HHP 282 Intro to Phys Assessment | 1 | Aesthetic Experience | | HHP 133,136 | | |
| | HHP 233 Children's Games | 2 | TED 253 Human Development | 3 | | | | | |
| | HHP 276 Archery | 0.5 | TED 270 Multicultural Ed | 3 | CO-REQUISITES | | | | |
| | COAC 250 Coaching Fieldwork | 2 | Additional Gen Eds/Minor | 3 | Student Teaching | Y/N | | | |
| | TED 200 Intro to Education | 3 | | | Senior Experience Presentation | Y/N | | | |
| | Additional Gen Eds/Minor | 4 | | | Total General Education Cr | 42 | | | |
| | total | 18 | | total | 18 | | Year 5 Fall Semester: | | |
| Junior | Fall Semester | credits | Spring Semester | credits | Student Teaching (TED 442/443 or TED 449/450) 12 cr | | | | |
| | HHP 321 Adapted Human Perform | 2 | HHP 362 Kinesiology | 2 | Summer Recommendations (through Distance Learning) for HLTH Minors: | | | | |
| | HHP 337 Practicum in 102 Lab | 1 | HHP 363 Exercise Physiology | 3 | Year 1/Year 2: HLTH 160, HLTH 267 | | | | |
| | HHP 330 Teaching H.S. HP | 1 | HHP 332 Motor Learning | 3 | Year 3/Year 4: HLTH 368, HLTH 367, HLTH 469 | | | | |
| | HHP 339 Methods & Curric in PE | 3 | COAC 341 Princ/Theory of Coaching | 2 | This is only a suggested sequence; other sequences may be discussed with your advisor. | | | | |
| | TED 300 Theories of Learning | 3 | TED 339 Instruct/Assess Strategies | 3 | Department Contact Information | | | | |
| | Additional Gen Eds/Minor | 5-8 | Additional Gen Eds/Minor | 5 | email: | hhp@uwsuper.edu | | | |
| | total | 15-18 | | total | 18 | | | | |
| Senior | HHP 340 Org & Admin | 3 | HHP 421/422 Assess Except Child | 3 | | | | | |
| | HHP 435 Theories of Elem HP | 3 | HHP 438 Meas & Eval of PE | 2 | | | | | |
| | COAC 456 Foundations of Sports | 2 | ENGED 465 Content Area Literacy | 3 | | | | | |
| | TED 494 Prin/Pract Inclusive Teaching | 3 | Additional Gen Eds/Minor | 10 | | | | | |
| | Additional Gen Eds/Minor | 7-10 | | | | | | | |

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|--|--|--------------|--------------|--|--------------|-----------|--------------|---------------|--|
| | | | | | | Phone: | 715-395-4673 | | |
| | | total | 18-21 | | total | 18 | Chair: | Glenn Carlson | |