

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
Freshman	HHP 102 Health and Wellness	3	HLTH 158 Respond to Emergencies	2
	HHP 110 Intro to HHP Majors/Minors	1	HHP 203 Aerobics	1
	Activity Courses 100-200	2	Gen Eds	12
	HLTH 160 Intro to Hlth Sci & Term	2		
	Gen Eds	7		
	total	15	total	15
Sophomore	HLTH 264 Structure & Function	3	HLTH 265 Structure & Function	3
	Activity Courses 100-200	1	Gen Eds/Minor	12
	HHP 282 Intro to Phys Assessment	1		
	Gen Eds/Minor	10		
	total	15	total	15
Junior	Fall Semester	credits	Spring Semester	credits
	HHP 312 Aquatic Safety	1	HHP 332 Motor Learning	3
	HHP 340 Org & Admin	3	HHP 337 Practicum in 102 Lab	2
	HHP 363 Exercise Physiology	3	HHP 362 Kinesiology	2
	Gen Eds/Elective	8	Gen Eds/Minor	8
	total	15	total	15
Senior	HLTH 366 Principles of Nutrition	3	Gen Eds/Minor	12
	HHP 403 Personal Trainer	2	Capstone	3
	Electives (HHP 438)	2		
	Gen Eds/Minor	8		
	total	15	total	15

This is only a suggested sequence; other sequences may be discussed with your advisor.

General Education Requirements	credits
CORE	
WRIT 101 & 102	6
COMM 110	3
Math/Comp Sci	3
Health/Human Performance	3
NON-WESTERN/DIVERSITY	Y/N
KNOWLEDGE	
Humanities	9
Social Sciences	6
Natural/Physical Sciences	6
Environmental Course	
Lab Course	
Fine/Applied Arts	6
History/Criticism/Apprec.	
Aesthetic Experience	
CO-REQUISITES	
Independent Learning in Major	Y/N
Senior Experience Presentation	Y/N
Total General Education Cr	42

*Students preparing for graduate school should consider creating an IDM minor that fulfills their prerequisites for admission.

Department Contact Information email:

hnp@uwsuper.edu

Phone: 715-395-4673

Chair: Glenn Carlson