

**Health & Human Performance Department -- 2014 - 2016 Four-Year Pathway for**

**Exercise Science Concentration - 37 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	1	Activity Courses 100-200	1
	HLTH 160 Intro to Hlth Sci & Term	2	Gen Eds	12
	Gen Eds	8		
	<b>total</b>	<b>15</b>	<b>total</b>	<b>16</b>
Sophomore	HLTH 264 Structure & Function	3	HLTH 265 Structure & Function	3
	HHP 282 Intro to Phys Assessment	1	Gen Eds/Minor	12
	Gen Eds/Minor	12		
	<b>total</b>	<b>16</b>	<b>total</b>	<b>15</b>
<i>This is only a suggested sequence; other sequences may be discussed with your advisor.</i>				
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/Minor	8	Gen Eds/Minor	7
	<b>total</b>	<b>15</b>	<b>total</b>	<b>14</b>
Senior	HLTH 366 Principles of Nutrition	3	HHP 403 Health Coach	2
	Gen Eds/Minor	12	HHP 497	0
			Gen Eds/Minor	9
			Elective	3
	<b>total</b>	<b>15</b>	<b>total</b>	<b>14</b>

General Education Requirements	
	credits
<b>CORE</b>	
WRIT 101 & 102	6
COMM 110	3
Math/Comp Sci	3
Health/Human Performance	3
NON-WESTERN/DIVERSITY	Y/N
<b>KNOWLEDGE</b>	
Humanities	9
Social Sciences	6
Natural/Physical Sciences	6
Environmental Course	3
Lab Course	3
Fine/Applied Arts	6
History/Criticism/Apprec.	3
Aesthetic Experience	3
<b>CO-REQUISITES</b>	
Independent Learning in Major	Y/N
Senior Experience Presentation	Y/N
<b>Total General Education Cr</b>	<b>42</b>
<i>*Students preparing for graduate school should consider creating an IDM minor that fulfills their pre-requisites for admission.</i>	
<b>Department Contact Information</b>	
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