

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

Community Health Promotion Concentration - 59 credits (Comprehensive)

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 267 Ment'l Health/Stress Mgmt	3
	HLTH 160 Intro to Health Science	2	Gen Eds	10
	Gen Eds	9		
		total	15	total
Sophomore	HLTH 264 Structure & Function	3	HLTH 265 Structure & Function	3
	HHP 282 Intro to Phys Assessment	1	HLTH 367 Human Sexuality	3
	HLTH 366 Principles of Nutrition	3	HLTH 368 Drugs	3
	Gen Eds	8	Gen Eds	6
		total	15	total

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

Junior	Fall Semester	credits	Spring Semester	credits
	HHP 340 Org & Admin	3	HHP 438 Meas & Eval of PE	2
	PSYC 320 Health Psychology	3	HHP 372 Consumer Health	2
	Gen Eds/Electives	9	HHP 495 CTS: Epidemiology	3
			HLTH 469 Disease	3
			Gen Eds/Electives	5
	total	15	total	15
Senior	HHP 458 Cert of Health Areas	2	HHP 496 Internship	10
	HLTH 470 Comm & Envir Health	3	HHP 494 Senior Workshop	3
	Gen Eds/Electives	12		
	total	17	total	13

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	3
Lab Course	3
Fine/Applied Arts	6
History/Criticism/Apprec.	3
Aesthetic Experience	3
CO-REQUISITES	
Independent Learning in Major	Y/N
Senior Experience Presentation	Y/N
Total General Education Cr	42

**Transfer students and students who change majors may not have elective credits to take.*

Department Contact Information

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 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
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

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

Junior	Fall Semester	credits	Spring Semester	credits
Junior	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

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	3
Lab Course	3
Fine/Applied Arts	6
History/Criticism/Apprec.	3
Aesthetic Experience	3
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 pre-requisites for admission.*

Department Contact Information

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Phone:	715-395-4673
Chair:	Glenn Carlson

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
Freshman Take PPST in Semester 2	HHP 102 Health and Wellness	3	HLTH 158 Respond to Emergencies	2
	HHP 110 Intro to HHP Majors/Minors	1	HHP 128 Softball	0.5
	HHP 125 Basketball	0.5	HHP 218 Cross-Country Ski	0.5
	HHP 126 Field Sports	0.5	HHP 277 Badminton	0.5
	HHP 127 Soccer	0.5	HHP 278 Golf	0.5
	HHP 130 Volleyball	0.5	HHP 280 Track & Field	1
	HHP 133 Folk/Square Dance	2	ENG 102 Freshman English II	3
	HHP 136 Social Dance	1	BIOL 100 Environmental Science	2
	ENG 101 Freshman English 1	3	POLS 230 US State & Local Gvmt	3
	MATH 110 or COMM 110	3	Additional Gen Eds/Minor	3
	total	15	total	16
Sophomore	HHP 203 Group Fitness	1	HLTH 265 Structure & Function	3
	HLTH 264 Structure & Function	3	HHP 234 Children's Tumbling	1
	HHP 275 Tennis/Raquetball	1	HHP 235 Children's Rhythms	2
	HHP 312/412 Aquatics	1	HHP 252 Care & Prevention	2
	HHP 217 Curling/Broomball	0.5	HHP 282 Intro to Phys Assessment	1
	HHP 233 Children's Games	2	TED 253 Human Development	3
	HHP 276 Archery	0.5	TED 270 Multicultural Ed	3
	COAC 250 Coaching Fieldwork	2	Additional Gen Eds/Minor	3
	TED 200 Intro to Education	3		
	Additional Gen Eds/Minor	4		
	total	18	total	18
Junior	Fall Semester	credits	Spring Semester	credits
	HHP 321 Adapted Human Perform	2	HHP 362 Kinesiology	2
	HHP 337 Practicum in 102 Lab	1	HHP 363 Exercise Physiology	3
	HHP 330 Teaching H.S. HP	1	HHP 332 Motor Learning	3
	HHP 339 Methods & Curric in PE	3	COAC 341 Princ/Theory of Coaching	2
	TED 300 Theories of Learning	3	TED 339 Instruct/Assess Strategies	3
	Additional Gen Eds/Minor	5-8	Additional Gen Eds/Minor	5
	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		
	total	18-21	total	18

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	3
Lab Course	3
Fine/Applied Arts	6
History/Criticism/Apprec.	3
Aesthetic Experience	3
CO-REQUISITES	
Student Teaching	Y/N
Senior Experience Presentation	Y/N
Total General Education Cr	42

Year 5 Fall Semester: Student Teaching (TED 442/443 or TED 449/450) 12 cr. Summer recommendations (through Distance Learning) for HLTH minors: Year 1/Year 2 HLTH 160, HLTH 267. Year 3/Year 4: HLTH 368, HLTH 367, HLTH 469 This is only a suggested sequence: other sequences may be discussed with your advisor

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