

Human Performance & Sport, B.S., Adult Fitness & Exercise Science Concentration

303-556-3145

PE 217

Catalog 11-12

This sheet applies to the 2011-2012 catalog *only*. It does not replace the full catalog or departmental advising sheets as official statements of requirements. Students with declared majors *must* work with a faculty advisor on course selection and sequencing to ensure a timely graduation.

General Studies	35 min
Major courses	47
Minor courses	18 min
Electives	20
Total to graduate (40 hrs. min. upper division)	120 min

Students who have reached junior standing (60 hrs) should request a CAPP (graduation compliance report) and review it with a faculty advisor.

GENERAL STUDIES LEVEL I: *Must be completed within first 30-credit hours at Metro*

Composition

___ ENG 1010-3	Freshman Comp: the Essay
___ ENG 1020-3	Freshman Comp: Anal., Rsrch & Docum.

Mathematics

___ -3

Communications

___ -3

GENERAL STUDIES LEVEL II

Historical

___ -3

Arts & Letters

___ -3

___ -3

Social Sciences

___ PSY 1001-3	Introductory Psychology (prereq for PSY 2410)
___ -3	

Natural Sciences

___ BIO 1080-3	General Introduction to Biology
___ BIO 1090-1	General Introduction to Biology Lab
___ BIO 2310-4*	Human Anatomy & Physiology I

ADDITIONAL GRADUATION REQUIREMENT

Multicultural Requirement (*may be satisfied within General Studies, minor, or electives*)

___ -3

MAJOR COURSES: Students must have a 2.75 G.P.A. to be eligible for an internship.

Professional Activity Courses

___ HSL 1020-2	Skills & Methods of Teaching Weight Training
___ HSL 1440-2	Skills & Methods of Teaching Stress Management

Basic Theory Courses:

___ BIO 2320-4	Human Anatomy & Physiology II
___ HPS 1623-3	Prevention and Care of Athletic Injuries
___ HPS 1640-2	Physical Fitness Techniques & Programs
___ HPS 3300-3	Anatomical Kinesiology
___ HPS 3340-3	Physiology of Exercise
___ HPS 3780-2	Fitness Programs for Special Populations
___ HPS 3790-3	Fitness Programs for Children, Adolescents, & Older Adults
___ HPS 4200-3	Community Fitness Testing & Program Planning
___ HPS 4660-3	Legal Liability for Physical Educator, Coach & Admin.
___ HPS 4680-3	Advanced Exercise Assessment Techniques
___ HPS 4840-2	Comparative Fitness Programs
___ HPS 4880-10	Internship for Adult Fitness (Senior Experience)
___ NUT 2040-3	Introduction to Nutrition
___ PSY 2410-3	Social Psychology
___ HPS 2060-3	ER/1 st Responder & CPR recommended, or verify equivalent certification with the HPS department.

ADDITIONAL NOTES

- **Courses in bold are highly recommended for students to complete within their freshman year at Metro State.**
- MINOR required (minimum of 18-credit hours)