

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

Catalog 12-13

303-556-3145

PE 217

This sheet applies to the 2012-2013 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
<b>Total to graduate (40 hrs. min. upper division)</b>	<b>120 min</b>

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

## \*TO BE COMPLETED WITHIN FIRST 30-COLLEGE LEVEL CREDIT HOURS

### Written Communication

- \_\_\_ ENG 1010 (3hrs) Freshman Comp: the Essay\*  
**OR** ENG 1008/1009 (6 hrs.) Freshman Comp: The Essay Part I & II\*  
 \_\_\_ ENG 1020 (3hrs) Freshman Comp: Anal., Rsrch & Docum. (must be completed within 45-credit hours)

### Quantitative Literacy\*

- \_\_\_ (3 hrs)

### Oral Communication\*

- \_\_\_ (3 hrs)

### Arts & Humanities

- \_\_\_ (3 hrs)  
 \_\_\_ (3 hrs)

### Historical

- \_\_\_ (3 hrs)

### Natural & Physical Sciences

- \_\_\_ BIO 1080 (3 hrs) General Introduction to Biology  
 \_\_\_ BIO 1090 (1 hr) General Introduction to Biology Lab  
 \_\_\_ BIO 2310 (4 hrs) Human Anatomy & Physiology I

### Social & Behavioral Science I

- \_\_\_ (3 hrs)

### Social & Behavioral Science II

- \_\_\_ PSY 1001 (3 hrs) Introductory Psychology

### Global Diversity

- \_\_\_ (3 hrs) *may be satisfied within General Studies*

**MAJOR COURSES:** Students must have a 2.75 G.P.A. to be eligible for an internship. Student's must earn a grade of "C" or better in each course. See a faculty advisor.

### Professional Activity Courses

- \_\_\_ HSL 1020 (2 hrs) Skills & Methods of Teaching Weight Training  
 \_\_\_ HSL 1440 (2 hrs) Skills & Methods of Teaching Stress Management  
**OR** HPS 2890 (2 hrs) Personal Training: Concepts & Applications

### Basic Theory Courses:

- \_\_\_ BIO 2320 (4 hrs) Human Anatomy & Physiology II  
 \_\_\_ **HPS 1623 (3 hrs) Prevention and Care of Athletic Injuries**  
 \_\_\_ **HPS 1640 (2 hrs) Physical Fitness Techniques & Programs**  
 \_\_\_ HPS 3300 (3 hrs) Anatomical Kinesiology  
 \_\_\_ HPS 3340 (3 hrs) Physiology of Exercise  
 \_\_\_ HPS 3780 (2 hrs) Fitness Programs for Special Populations  
 \_\_\_ HPS 3790 (3 hrs) Fitness Programs for Children, Adolescents, & Older Adults  
 \_\_\_ HPS 4200 (3 hrs) Community Fitness Testing & Program Planning  
 \_\_\_ HPS 4660 (3 hrs) Legal Liability for Physical Educator, Coach & Admin.  
 \_\_\_ HPS 4680 (3 hrs) Advanced Exercise Assessment Techniques  
 \_\_\_ HPS 4840 (2 hrs) Comparative Fitness Programs  
 \_\_\_ HPS 4880 (10 hrs) Internship for Adult Fitness (Senior Experience)  
 \_\_\_ NUT 2040 (3 hrs) Introduction to Nutrition  
 \_\_\_ PSY 2410 (3 hrs) Social Psychology

- \_\_\_ HPS 2060 (3 hrs) ER/1<sup>st</sup> Responder & CPR recommended, or verify CPR certification with HPS department faculty advisor.

### Multicultural Requirement

(May be satisfied within General Studies, minor, or electives)

### Minor

### Electives