

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

Catalog 13-14

303-556-3145 PE 217
School of Professional Studies

This sheet applies to the 2013-2014 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	39 min
Major courses	47
Minor courses	18 min
Electives	16
Total to graduate (40 hrs. min. upper division)	120

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) Composing Arguments*
OR ENG 1008/1009 (6 hrs.) Freshman Comp: The Essay Part I & II*
 ___ ENG 1020 (3hrs) Freshman English: Rsrch, Anly, & Documt. (must be completed within 45-credit hours)

Oral Communication*

- ___ (3 hrs)

Quantitative Literacy*

- ___ (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
 ___ BIO 2320 (4 hrs) Human Anatomy & Physiology II

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:

- ___ **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 Programming for Children, Adolescents, & Older Adults
 ___ HPS 4200 (3 hrs) Community Fitness Testing & Program Planning
 ___ HPS 4660 (3 hrs) Legal Liability for Phy. Educators, Coaches & 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/1st Responder & CPR recommended, or verify CPR certification with HPS department faculty advisor.

Multicultural Requirement

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

Minor (required)

Electives