

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

303-556-3145

PE 217

Catalog 15-16

College of Professional Studies

This sheet applies to the 2015-2016 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-CREDIT HOURS AT MSU DENVER

Written Communication

___ ENG 1010 (3 hrs) Composing Arguments*

OR ENG 1008/1009 (6 hrs) Intro to Composition I and II*

___ ENG 1020 (3 hrs) Freshman Comp: Anly, Rsrch, & 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 Biology I**

___ **BIO 1090 (1 hr) General Biology Lab I**

___ BIO 2310 (4 hrs) Human Anatomy and Physiology I

___ BIO 2320 (4 hrs) Human Anatomy and 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 faculty advisor.

Professional Activity Courses:

___ HSL 1020 (2 hrs) Skills and Methods of Teaching Weight Training

AND HSL 1440 (2 hrs) Skills and Methods of Teaching Stress Management

OR HPS 2890 (2 hrs) Personal Training: Concepts and 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 3841 (2 hrs) Comparative Fitness Programs

___ HPS 4660 (3 hrs) Legal Liability for Physical Educators, Coaches and Admin

___ HPS 4680 (3 hrs) Advanced Fitness Assessment and Exercise Prescription

___ HPS 4780 (3 hrs) Community Fitness Testing and Program Planning

___ HPS 4880 (10 hrs) Internship for Adult Fitness (Sr. Exp.)

___ NUT 2040 (3 hrs) Introduction to Nutrition

___ PSY 2410 (3 hrs) Social Psychology

___ HPS 2060 (3 hrs) Emergency Rescue/First 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