



METROPOLITAN STATE UNIVERSITYSM
OF DENVER
College of Professional Studies

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

Minor (required)

Fall 2015 catalog year

First Year		
Fall: 16 Credits	ENG 1010 (3) Composing Arguments (F, S, Su)	
	HPS 1623 (3) Prevention and Care of Athletic Injuries (F, S)	
	HPS 2060 (3) Emergency Rescue/First Responder & CPR (F, S)	
	BIO 1080 (3) General Biology I (F, S, Su) AND	
	BIO 1090 (1) General Biology I Lab (F, S, Su)	
	Oral communication (3) (F, S, Su)	
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Spring: 15 Credits	ENG 1020 (3) Freshman Comp: Anly, Rsrch, & Documt (F, S, Su)	
	Quantitative Literacy (3) (F, S, Su)	
	BIO 2310 (4) Human Anatomy and Physiology I (F, S, Su)	
	PSY 1001 (3) Introductory Psychology (F, S, Su)	
	HPS 1640 (2) Physical Fitness Techniques and Programs (F, S)	

Second Year		
Fall: 16 Credits	BIO 2320 (4) Human Anatomy and Physiology II (F, S, Su)	
	Social and Behavioral Science I (3) MC recommended (F, S, Su)	
	Arts & Humanities (3) (F, S, Su)	
	Minor (3)	
	Minor/Elective (3)	
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Spring: 14 Credits	HPS 3300 (3) Anatomical Kinesiology (F, S)	
	PSY 2410 (3) Social Psychology (F, S)	
	HSL 1020 (2) Skills & Mthds of Teach. Weight Train. (F, S) AND	
	HSL 1440 (2) Skills & Mthds of Teach. Stress Manag. (F, S) OR	
	HPS 2890 (2) Personal Training: Concepts & Application (F, S)	
Elective (1)		
Arts & Humanities (3) (F, S, Su)		

Third Year		
Fall: 17 Credits	HPS 3340 (3) Physiology of Exercise (F, S)	
	HPS 3780 (2) Fitness Programs for Special Pop. (F, S)	
	HPS 3790 (3) Fitness Program for Children Adolescent and Older Adults (F, S)	
	Historical (3) GD recommended (F, S, Su)	
	Minor (3)	
Minor (3)		
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Spring: 14 Credits	HPS 4680 (3) Advanced Fitness Assessment and Exercise Prescription (F, S)	
	HPS 3841 (2) Comparative Fitness Programs (F, S)	
	NUT 2040 (3) Introduction to Nutrition (F, S, Su)	
	Minor (3)	
	Minor (3)	

Fourth Year		
Fall: 15 Credits	HPS 4780 (3) Community Fitness Testing and Program Planning (F, S)	
	HPS 4660 (3) Legal Liability for Physical Educators, Coaches, & Administrator (F, S)	
	Minor (3)	
	Minor/Elective (3)	
	Minor/Elective (3)	
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Spring: 13 Credits	HPS 4880 (10) Internship for Adult Fitness (Sr. Exp.) (F, S)	
	Elective (3) (F, S, Su)	

*A grade of C or better is required for each course in this program to count towards the bachelor's degree.