



**METROPOLITAN STATE UNIVERSITY**  
OF DENVER

**College of Professional Studies**

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

Minor (required)

Fall 2016 catalog year

First Year	
Fall: 16 Credits	ENG 1010 (3) Composing Arguments (F, S, Su)
	Quantitative Literacy (3)
	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)
	NUT 2040 (3) Introduction to Nutrition (F, S, Su)
Spring: 16 Credits	ENG 1020 (3) Freshman Comp: Any, Rsrch, & Documt (F, S, Su)
	Oral communication (3)
	BIO 2310 (4) Human Anatomy and Physiology I (F, S, Su)
	PSY 1001 (3) Introductory Psychology (F, S, Su)
	HPS 1640 (3) Physical Fitness Techniques and Programs (F, S)

Third Year	
Fall: 17 Credits	HPS 3300 (3) Anatomical Kinesiology (F, S)
	HPS 3780 (2) Fitness Programs for Special Populations (F, S)
	Social and Behavioral Science I (3) MC recommended
	Minor (3)
	Minor (3)
	Minor/Elective (3)
Spring: 14 Credits	HPS 3790 (3) Fitness Programming for Children, Adolescents and Older Adults (F, S)
	HPS 3841 (2) Comparative Fitness Programs (F, S)
	HPS 4680 (4) Advanced Fitness Assessment and Exercise Perscription (F, S)
	Minor (3)
	Minor/Elective (3)

Second Year	
Fall: 15 Credits	BIO 2320 (4) Human Anatomy and Physiology II (F, S, Su)
	Historical (3) GD recommended
	Arts & Humanities (3)
	HPS 1020 (2) Skills & Mthds of Teach. Weight Train. (F, S)
	HPS 1623 (3) Prevention and Care of Athletic Injuries (F, S)
Spring: 17 Credits	HPS 3340 (3) Physiology of Exercise (F, S)
	HPS 1440 (3) Skills & Mthds of Teach. Stress Manag. (F, S)
	<b>OR</b> HPS 2890 (2) Personal Training: Concepts & App. (F, S)
	Arts & Humanities (3)
	Minor (3)
	Minor (3)
	Minor/Elective (3)

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

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