

Metropolitan State University of Denver
Human Performance and Sport Major, B.S.: Adult Fitness and Exercise Science Concentration
Minor (required):
Fall 2014 catalog year

First Year	Suggested Course Plan	
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 AND BIO 1090 (1) General Biology I Laboratory (F, S, Su)	
	Oral communication (3) (F, S, Su)	
Spring: 15 credits	ENG 1020 (3) Freshman Composition: Research, Analysis, and Documentation (F, S, Su)	
	Quantitative Literacy (3) (F, S, Su)	
	BIO 2310 (4) Human Anatomy & Physiology I (F, S, Su)	
	PSY 1001 (3) Introductory Psychology (F, S, Su)	
	HPS 1640 (2) Physical Fitness Techniques & Programs (F, S)	

Third Year	Suggested Course Plan	
Fall: 17 credits	HPS 3340 (3) Physiology of Exercise (F, S)	
	HPS 3780 (2) Fitness Programs for Special Populations (F, S)	
	HPS 3790 (3) Fitness Programming for Children, Adolescents, & Older Adults (F, S)	
	Historical (3) Students are recommended to select course approved for global diversity (F, S, Su)	
	Minor (3)	
	Minor (3)	
Spring: 14 credits	HPS 4680 (3) Advanced Fitness Assessment & 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)	

Second Year	Suggested Course Plan	
Fall: 16 credits	BIO 2320 (4) Human Anatomy & Physiology II (F, S, Su)	
	Social and Behavioral Science I (3) Students are recommended to select course approved for multicultural (F, S, Su)	
	Arts & Humanities (3) (F, S, Su)	
	Minor (3)	
	Minor/Elective (3)	
Spring: 13-14 credits	HPS 3300 (3) Anatomical Kinesiology (F, S)	
	PSY 2410 (3) Social Psychology (F, S)	
	HSL 1020 (2) Skills & Methods of Teaching Weight Training AND HSL 1440 (2) Skills & Methods of Teaching Stress Management OR HPS 2890 (2) Personal Training: Concepts & Applications	
	Elective (0-3)** If you have taken HPS 2890 you will need a 3 credit hour elective to reach 120 total credits. Students who took HSL 1020 and HSL 1440 with a one credit hour elective do not need to take this elective.	
	Arts & Humanities (3) (F, S, Su)	

Fourth Year	Suggested Course Plan	
Fall: 15-16 credits	HPS 4780 (3) Community Fitness Testing	
	HPS 4660 (3) Legal Liability for Physical Educators, Coaches, & Administrators	
	Minor (3)	
	Minor/Elective (3)	
	Minor/Elective (3)	
	Elective (1)** If you have taken HSL 1020 and HSL 1440 you will only need a one credit hour elective to reach 120 total credits.	
Spring: 13 credits	HPS 4880 (10) Internship for Adult Fitness (Sr. Experience)	
	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.**