

Metropolitan State University of Denver
Human Performance and Sport Major, B.S.: Adult Fitness and Exercise Science Concentration
Minor (required):
Fall 2013 Catalog

First Year	Suggested Course plan	Prerequisites	Alternative Course Plan
Fall: 16 credit hours	ENG 1010 (3) Composing Arguments (F, S, Su)	Appropriate placement test score or prerequisite course	
	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)	Appropriate placement test scores for reading, writing, and math	
	Oral communication (3) (F, S, Su)		
			TOTAL SEMESTER CREDIT HOURS:
Spring: 16 credit hours	ENG 1020 (3) Freshman Composition: Analysis, Research, and Documentation (F, S, Su)	ENG 1010	
	Quantitative Literacy (3) (F, S, Su)	Appropriate placement test score or prerequisite course	
	BIO 2310 (4) Human Anatomy & Physiology I (F, S, Su)	BIO 1080 & 1090 or permission of instructor	
	PSY 1001 (3) Introductory Psychology (F, S, Su)		
	HPS 1640 (2) Physical Fitness Techniques & Programs (F, S)		

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

Second Year	Suggested Course plan	Prerequisite	Alternative Course Plan
Fall: 16 credit hours	BIO 2320 (4) Human Anatomy & Physiology II (F, S, Su)	BIO 2310 or permission of instructor	
	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: 14 credit hours	HPS 3300 (3) Anatomical Kinesiology (F, S)	BIO 2310 or acceptable human anatomy course & completion of Written Communication, Oral Communication, and Quantitative Literacy	
	PSY 2410 (3) Social Psychology (F, S)	PSY 1001	
	HSL 1020 (2) Skills, Methods, & Techniques of Teaching Weight Training (F, S)		
	Arts & Humanities (3) (F, S, Su)		
	Minor (3)		

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Third Year	Suggested Course plan	Prerequisite	Alternative Course Plan
Fall: 16 credit hours	HPS 3340 (3) Physiology of Exercise (F, S)	BIO 2320 or acceptable human physiology course, HPS 1640, and completion of Written Communication, Oral Communication, and Quantitative Literacy	
	HPS 3780 (2) Fitness Programs for Special Populations (F, S)	HPS 1640	
	HPS 3790 (3) Fitness Programming for Children, Adolescents, & Older Adults (F, S)	HPS 1640	
	HSL 1040 (2) Skills & Methods for Teaching Stress Management OR HPS 2890 (2) Personal Training: Concepts & Applications	At least sophomore standing & HPS major	
	Minor (3)		
	Minor (3)		
			TOTAL SEMESTER CREDIT HOURS:
Spring: 14 credit hours	HPS 4680 (3) Advanced Exercise Assessment Techniques (F, S)	HPS 3340	
	HPS 4840 (2) Comparative Fitness Programs (F, S)	HPS 1640 & 3340	
	NUT 2040 (3) Introduction to Nutrition (F, S, Su)	Quantitative Literacy; Written Communication; or permission of instructor	
	Historical (3) Students are recommended to select course approved for global diversity (F, S, Su)		
	Minor (3)		
			TOTAL SEMESTER CREDIT HOURS:

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Fourth Year	Suggested Course plan	Prerequisite	Alternative Course Plan
Fall: 15 credit hours	HPS 4200 (3) Community Fitness Testing & Program Planning	HPS 3340 (HPS 4680 suggested)	
	HPS 4660 (3) Legal Liability for Physical Educators, Coaches, & Administrators	Senior standing; or permission of instructor	
	Minor (3)		
	Minor/Elective (3)		
	Minor/Elective (3)		
			TOTAL SEMESTER CREDIT HOURS:
Spring: 13 credit hours	HPS 4880 (10) Internship for Adult Fitness	Senior standing; completion of all courses in major curriculum; 2.75 GPA; completion of general studies	
	Elective (3) (F, S, Su)		

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	Suggested Course plan	Prerequisite	Alternative Course Plan
Semester:			

Semester:			

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Semester:			

Semester:			

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