

**B.A./B.S. HUMAN PERFORMANCE AND PHYSICAL EDUCATION  
DEGREE REQUIREMENTS (2020-2021)  
Emphasis in Exercise Science**

Student Name: \_\_\_\_\_

Mentor: \_\_\_\_\_

**GENERAL EDUCATION CORE REQUIREMENTS**

Course	Credit Hrs.	Term Taken	Grade
<b>First Year Experience</b> FYE 101 .....	1	_____	_____
<b>English</b> ENG 101/101E .....	3	_____	_____
ENG 102/103.....	3	_____	_____
<b>Literature</b> (3 hours selected from ENG 201, 202, 203, 204, 205, or 206)			
ENG _____ .....	3	_____	_____
<b>Speech</b> ENG/COMM 221 .....	3	_____	_____
<b>Humanities, Writing, or Speech</b> (May be satisfied by completing 6 sequential hours of literature, or an upper level literature, writing, speech, history, or religion / philosophy course)			
_____ .....	3	_____	_____
<b>Computer Literacy</b> MIS 110, 220, or 240 .....	3	_____	_____
<b>Religion/Philosophy</b>			
REL <u>101 or 102</u> .....	3	_____	_____
REL <u>101, 102, 201, 241, or 251</u> .....	3	_____	_____
<b>History</b> (6 sequential hours 111-112 or 201-202)			
HIS <u>111 or 201</u> .....	3	_____	_____
HIS <u>112 or 202</u> .....	3	_____	_____
<b>Math</b> MAT 231 .....	3	_____	_____
<b>Natural Science</b>			
BIO 111 .....	4	_____	_____
BIO 112 .....	4	_____	_____
<b>Fine Arts</b> (3 hours selected from ART 121, ART 131, ART 143, ART 211, ART 251, MUS 231, MUS 233, MUS 235, MUS 236, or ENG/DRA 131)			
_____ .....	3	_____	_____
<b>Physical Education</b> (any activity course)			
HPPE _____ .....	1	_____	_____
<b>Social Sciences</b> (3 hours selected from PSY 113, SOC 211, BUS 201 BUS 202, or HIS 221)			
_____ .....	3	_____	_____
<b><u>Satisfies B.S. Degree Requirement - Required Science</u></b>			
BIO 201 .....	4	_____	_____
<b><u>For B.A. Degree ONLY – Additional Intermediate Foreign Language</u></b>			
FLG 2 _____ .....	3	_____	_____
FLG 2 _____ .....	3	_____	_____

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Courses	Credit Hrs.	Term Taken	Grade
<b>Required Science Courses</b> .....	<u>4</u>		
BIO 202 .....	4	_____	_____
<b>Required Human Performance &amp; Physical Education Courses</b> .....	<u>19</u>		
HPPE Activity Course .....	1	_____	_____
HPPE 200 Foundations of Health, Physical Education, and Sport.....	3	_____	_____
HPPE 211 First Aid and Emergency Care.....	3	_____	_____
HPPE 390 Research Methods in Human Performance.....	3	_____	_____
HPPE 401 Exercise Physiology.....	3	_____	_____
HPPE 406 Kinesiology/Biomechanics .....	3	_____	_____
HPPE 499 Human Performance Capstone.....	3	_____	_____
<b>Additional Required for Exercise Science Emphasis</b> .....	<u>21</u>		
HPPE 240 Nutrition for Health and Performance.....	3	_____	_____
HPPE 340 Advanced Strength & Conditioning.....	3	_____	_____
HPPE 343 Essentials of Adaptive Physical Education .....	3	_____	_____
HPPE 423 Tests and Measurement in Physical Education .....	3	_____	_____
HPPE 430 Exercise Prescription & Fitness Appraisal .....	3	_____	_____
HPPE 498 Human Performance Internship .....	6	_____	_____
<b>Human Performance &amp; PE Electives (choose from the list below)</b> .....	<u>12</u>		
HPPE 111 Personal and Community Health .....	3	_____	_____
HPPE 210 Human Performance Practicum .....	3	_____	_____
HPPE 320 Motor Learning .....	3	_____	_____
HPPE 324 Philosophy and Techniques in Coaching .....	3	_____	_____
HPPE 325 Activity Skills: Team and Individual .....	3	_____	_____
HPPE 330 Assessment and Care of Athletic Injuries .....	3	_____	_____
HPPE 345 History of Sport and Physical Education .....	3	_____	_____
SPM 331 Legal Aspects of Sport.....	3	_____	_____
SPM 350 Current Trends/Issues in Sport .....	3	_____	_____
SPM 410 Sport Facilities and Event Management .....	3	_____	_____
<b>Elective Courses*</b> .....	<u>9-12*</u>		
_____ .....	_____	_____	_____
_____ .....	_____	_____	_____
_____ .....	_____	_____	_____
_____ .....	_____	_____	_____
_____ .....	_____	_____	_____
_____ .....	_____	_____	_____
_____ .....	_____	_____	_____
<b>Total Hours Required for Degree</b> .....	<u>121*</u>		

\*At least 45 hours must be upper-level (300 or 400)  
\*All HPPE majors must make a “C” or higher in all HPPE courses.