



Health and Human Performance Major Requirements

Major requirements include 51-55 hours including 20 hours of required core courses and three options for concentrations: Exercise Science (31 hours), Health and Fitness (32 hours), or Health and Physical Education Teaching (35 hours).

Required core courses for Health and Human Performance:

- 2 hours HHP 150 Introduction to Health and Human Performance
- 3 hours HHP 110 First Aid and CPR
- 3 hours HHP 254 Personal and Community Health
- 3 hours HHP 281 Prevention and Care of Injuries
- 3 hours HHP 320 Adapted Physical Education
- 3-4 hours HHP 329 Kinesiology (Exercise Science concentration requires additional credit for lab)
- 3-4 hours HHP 360 Exercise Physiology (Exercise Science concentration requires additional credit for lab)

Recommended supporting courses:

- 3 hours PSY 111 General Psychology
- 3 hours HHP 355 Sport Psychology

Required courses for Health and Fitness concentration:

- 3 hours HHP 201 Functional Anatomy
- 3 hours HHP 205 Introduction to Personal Training
- 3 hours HHP 210 Introduction to Health and Fitness
- 3 hours HHP 310 Administration in Health and Fitness
- 3 hours HHP 323 Principles of Nutrition for Health
- 3 hours HHP 410 Essentials of Strength Training and Conditioning
- 3 hours HHP 420 Exercise Testing, Prescription and Evaluation
- 4 hours HHP 470 Internship

Required supporting course:

- 3 hours CHE 101 Introductory Chemistry
- 4 hours BIO 221 Human Anatomy and Physiology