

**Human Performance Major - Check Sheet**  
**Exercise Science**  
**2005-2006 Catalog**

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

The major requires completion of 58-61 hours.

Note: A grade of "C" or higher is required in all the courses listed below.

**Human Performance Core Curriculum:**

**26 hours**

**HLTH**

**6 hours**

304\* (3)      completed \_\_\_\_ term planned

Human Wellness and Lifetime Fitness

314 (3)      completed \_\_\_\_ term planned

Community Health

**HP**

**20 hours**

104 (1)      completed \_\_\_\_ term planned

Introduction to Team Sports

106 (1)      completed \_\_\_\_ term planned

Introduction to Individual Sports and Lifetime Fitness

110 (3)      completed \_\_\_\_ term planned

Foundations of Physical Education and Sport

203 (3)      completed \_\_\_\_ term planned

Psycho-Social Aspects of Physical Activity

302 (3)      completed \_\_\_\_ term planned

Organization and Administration in Human Performance Programs

306 (3)      completed \_\_\_\_ term planned

Adapted Physical Activity Programs

320 (3)      completed \_\_\_\_ term planned

Motor Development and Behavior

325 (3)      completed \_\_\_\_ term planned

Sport Leadership

**Concentration in Exercise Science:**

**32-35 hours**

**BIOL**

**11 hours**

101\* (3)      completed \_\_\_\_ term planned

Principles of Biology

214 (4)      completed \_\_\_\_ term planned

Human Anatomy and Physiology I

215 (4)      completed \_\_\_\_ term planned

Human Anatomy and Physiology II

**HLTH**

**3 hours**

200 (3)      completed \_\_\_\_ term planned

Nutrition and Exercise

**HP**

**15-18 hours**

301 (3)      completed \_\_\_\_ term planned

Training and Conditioning for Performance

408 (3)      completed \_\_\_\_ term planned

Kinesiology

433 (3)      completed \_\_\_\_ term planned

Physiology of Exercise

442 (3)      completed \_\_\_\_ term planned

Fitness Assessment and Exercise Prescription

In consultation with academic advisor, choose one of the following two options:

481 (6)      completed \_\_\_\_ term planned

Internship in Human Performance

499 (3)      completed \_\_\_\_ term planned

Senior Capstone in Human Performance

**RECR**

**3 hours**

307 (3)      completed \_\_\_\_ term planned

Recreational Programming and Facility Management

\* Course satisfies a core requirement.

The 2005-2006 Catalog supersedes this checksheet.