

Human Performance Major - Check Sheet
Exercise Science
2006-2007 Catalog

Name: _____

The major requires completion of 59-63 hours.

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

Human Performance Core Curriculum: 23 hours

HP 23 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
304 (3)	completed ____ term planned	Human Wellness and Lifetime Fitness
306 (3)	completed ____ term planned	Adapted Physical Activity Programs
314 (3)	completed ____ term planned	Community Health
320 (3)	completed ____ term planned	Motor Development and Behavior

Concentration in Exercise Science: 36-40 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

HP 15 hours

200 (3)	completed ____ term planned	Nutrition and Exercise
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: 3-6 hours

481 (6)	completed ____ term planned	Internship in Human Performance
499 (3)	completed ____ term planned	Senior Capstone in Human Performance

Two courses chosen from: 4-5 hours

325 (3)	completed ____ term planned	Sport Leadership
341 (2)	completed ____ term planned	Theory and Techniques of Coaching Baseball/Softball
342 (2)	completed ____ term planned	Theory and Techniques of Coaching Basketball
343 (2)	completed ____ term planned	Theory and Techniques of Coaching Football
344 (2)	completed ____ term planned	Theory and Techniques of Coaching Volleyball/Softball

RECR 3 hours

307 (3)	completed ____ term planned	Recreational Programming and Facility Management
---------	-----------------------------	--

* Course satisfies a core requirement.

The 2006-2007 Catalog supersedes this checksheet.