### General Studies

<table>
<thead>
<tr>
<th>Category</th>
<th>Minimum Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major courses</td>
<td>47</td>
</tr>
<tr>
<td>Minor courses</td>
<td>18 min</td>
</tr>
<tr>
<td>Electives</td>
<td>20</td>
</tr>
<tr>
<td><strong>Total to graduate (40 hrs. min. upper division)</strong></td>
<td><strong>120 min</strong></td>
</tr>
</tbody>
</table>

This sheet applies to the 2011-2012 catalog only. It does not replace the full catalog or departmental advising sheets as official statements of requirements. Students with declared majors must work with a faculty advisor on course selection and sequencing to ensure a timely graduation.

### General Studies Level I

**Composition**
- ENG 1010-3  Freshman Comp: the Essay
- ENG 1020-3  Freshman Comp: Anal., Rsrch & Docum.

**Mathematics**
- 3

**Communications**
- 3

### General Studies Level II

**Historical**
- 3

**Arts & Letters**
- 3
- 3

**Social Sciences**
- PSY 1001-3  Introductory Psychology (prereq for PSY 2410)
- 3

**Natural Sciences**
- BIO 1080-3  General Introduction to Biology
- BIO 1090-1  General Introduction to Biology Lab
- BIO 2310-4*  Human Anatomy & Physiology I

### Major Courses

Students must have a 2.75 G.P.A. to be eligible for an internship.

**Professional Activity Courses**
- HSL 1020-2  Skills & Methods of Teaching Weight Training
- HSL 1440-2  Skills & Methods of Teaching Stress Management

**Basic Theory Courses**
- BIO 2320-4  Human Anatomy & Physiology II
- HPS 1623-3  Prevention and Care of Athletic Injuries
- HPS 1640-2  Physical Fitness Techniques & Programs
- HPS 3300-3  Anatomical Kinesiology
- HPS 3340-3  Physiology of Exercise
- HPS 3780-2  Fitness Programs for Special Populations
- HPS 3790-3  Fitness Programs for Children, Adolescents, & Older Adults
- HPS 4200-3  Community Fitness Testing & Program Planning
- HPS 4660-3  Legal Liability for Physical Educator, Coach & Admin.
- HPS 4680-3  Advanced Exercise Assessment Techniques
- HPS 4840-2  Comparative Fitness Programs
- HPS 4880-10 Internship for Adult Fitness (Senior Experience)
- NUT 2040-3  Introduction to Nutrition
- PSY 2410-3  Social Psychology
- HPS 2060-3  ER/1st Responder & CPR recommended, or verify equivalent certification with the HPS department.

### Additional Graduation Requirement

**Multicultural Requirement** *(may be satisfied within General Studies, minor, or electives)*
- 3

### Additional Notes

- Courses in bold are highly recommended for students to complete within their freshman year at Metro State.
- MINOR required (minimum of 18-credit hours)