### General Studies
- **Composition**
  - ENG 1010-3: Freshman Comp: the Essay

- **Mathematics**
  - 3

- **Communications**
  - 3

- **Historical**
  - 3

- **Arts & Letters**
  - 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

- **Multicultural Requirement**
  - 3

*Approved General Studies Natural Science for HPSL Majors

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

- **Basic Theory Courses:**
  - 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 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
  - NUT 2040-3: Introduction to Nutrition
  - REC 3070-3: Health & Movement Problems in the Aging Adult

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

- **HPS 2060-3**: ER/1st Responder & CPR recommended, or verify equivalent certification.

### Minor

### Electives

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**General Studies**
- **35 min**

**Major courses**
- **47**

**Minor courses**
- **18 min**

**Electives**
- **20**

**Total to graduate (40 hrs. min. upper division)**
- **120 min**

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This sheet applies to the 2010-2011 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. Students who have reached junior standing (60 hrs) should request a CAPP (graduation compliance report) and review it with a faculty advisor.