Human Performance & Sport, B.S., Adult Fitness & Exercise Science Concentration
303-556-3145 PE 217

This sheet applies to the 2012-2013 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 35 min
Major courses 47
Minor courses 18 min
Electives 20
Total to graduate (40 hrs. min. upper division) 120 min

Students who have reached junior standing (60 hrs) should request a CAPP (graduation compliance report) and review it with a faculty advisor.

**MAJOR COURSES:** Students must have a 2.75 G.P.A. to be eligible for an internship. Student’s must earn a grade of “C” or better in each course. See a faculty advisor.

### Professional Activity Courses

**HSL 1020 (2 hrs)** Skills & Methods of Teaching Weight Training
**HSL 1440 (2 hrs)** Skills & Methods of Teaching Stress Management
**HPS 2890 (2 hrs)** Personal Training: Concepts & Applications

### Basic Theory Courses:

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

**Global Diversity**

- **ENG 1010 (3hrs)** Freshman Comp: the Essay*
- **ENG 1008/1009 (6 hrs.)** Freshman Comp: The Essay Part I & II*
- **ENG 1020 (3hrs)** Freshman Comp: Anal., Rsrch & Docum. (must be completed within 45-credit hours)

*TO BE COMPLETED WITHIN FIRST 30-COLLEGE LEVEL CREDIT HOURS

**Written Communication**

- **ENG 1010 (3hrs)** Freshman Comp: the Essay*
- **OR ENG 1008/1009 (6 hrs.)** Freshman Comp: The Essay Part I & II*
- **ENG 1020 (3hrs)** Freshman Comp: Anal., Rsrch & Docum. (must be completed within 45-credit hours)

**Quantitative Literacy**

- **(3 hrs)**

**Oral Communication**

- **(3 hrs)**

**Arts & Humanities**

- **(3 hrs)**
- **(3 hrs)**

**Historical**

- **(3 hrs)**

**Natural & Physical Sciences**

- **BIO 1080 (3 hrs)** General Introduction to Biology
- **BIO 1090 (1 hr)** General Introduction to Biology Lab
- **BIO 2310 (4 hrs)** Human Anatomy & Physiology I

**Social & Behavioral Science I**

- **(3 hrs)**

**Social & Behavioral Science II**

- **(3 hrs)**

**Global Diversity**

- **(3 hrs) may be satisfied within General Studies**

(May be satisfied within General Studies, minor, or electives)

**Minor**

**Electives**