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

This sheet applies to the 2013-2014 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.

<table>
<thead>
<tr>
<th>Course Type</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Studies</td>
<td>39 min</td>
</tr>
<tr>
<td>Major courses</td>
<td>47</td>
</tr>
<tr>
<td>Minor courses</td>
<td>18 min</td>
</tr>
<tr>
<td>Electives</td>
<td>16</td>
</tr>
<tr>
<td>Total to graduate</td>
<td>120</td>
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</tbody>
</table>

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

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

Written Communication
- ENG 1010 (3hrs) Composing Arguments*
- OR ENG 1008/1009 (6 hrs.) Freshman Comp: The Essay Part I & II*
- ENG 1020 (3hrs) Freshman English: Rsrch, Anly, & Documt. (must be completed within 45-credit hours)

Oral Communication*
- ___ (3 hrs)

Quantitative Literacy*
- ___ (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
- BIO 2320 (4 hrs) Human Anatomy & Physiology II

Social & Behavioral Science I
- ___ (3 hrs)

Social & Behavioral Science II
- PSY 1001 (3 hrs) Introductory Psychology

Global Diversity
- ___ (3 hrs) may be satisfied within General Studies

**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
- OR HPS 2890 (2 hrs) Personal Training: Concepts & Applications

Basic Theory Courses:
- ___ HPS 1623 (3 hrs) Prevention and Care of Athletic Injuries
- ___ HPS 1640 (2 hrs) Physical Fitness Techniques & Programs
- ___ 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 Programming for Children, Adolescents, & Older Adults
- ___ HPS 4200 (3 hrs) Community Fitness Testing & Program Planning
- ___ HPS 4660 (3 hrs) Legal Liability for Phy. Educators, Coaches & 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
- ___ HPS 2060 (3 hrs) ER/1st Responder & CPR recommended, or verify CPR certification with HPS department faculty advisor.

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

**Minor** (required)

**Electives**