This sheet applies to the 2014-2015 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
- **Major courses**: 47
- **Minor courses**: 18 min
- **Electives**: 16
- **Total to graduate (40 hrs. min. upper division)**: 120

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
- AND 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) Programming for Children, Adoles., & Older Adults
- HPS 3841 (2 hrs) Comparative Fitness Programs
- HPS 4660 (3 hrs) Legal Liability for Phy. Educators, Coaches & Admin.
- HPS 4680 (3 hrs) Advanced Fitness Assessment & Exercise Prescription
- HPS 4780 (3 hrs) Community Fitness Testing
- 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

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**Written Communication**
- **ENG 1010 (3hrs) Composing Arguments**
- **OR ENG 1008/1009 (6 hrs.) Intro to Composition I & II**
- **ENG 1020 (3hrs) Freshman Comp: Anly, Rsrch, & 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 Biology I
- BIO 1090 (1 hr) General Biology Lab I
- 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*