**Human Performance & Sport, B.S., Adult Fitness & Exercise Science Concentration**

**College of Professional Studies**

303-556-3145  PE 217

This sheet applies to the 2015-2016 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>Requirement</th>
<th>Hours</th>
</tr>
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<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><strong>Total to graduate (40 hrs. min. upper division)</strong></td>
<td><strong>120</strong></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-CREDIT HOURS AT MSU DENVER

**Written Communication**

- **ENG 1010 (3 hrs) Composing Arguments**
- **OR** ENG 1008/1009 (6 hrs) Intro to Composition I and II
- **ENG 1020 (3 hrs) 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 and Physiology I**
- **BIO 2320 (4 hrs) Human Anatomy and 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**

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**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 faculty advisor.

**Professional Activity Courses:**

- HSL 1020 (2 hrs) Skills and Methods of Teaching Weight Training
- **AND** HSL 1440 (2 hrs) Skills and Methods of Teaching Stress Management
- **OR** HPS 2890 (2 hrs) Personal Training: Concepts and 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 3841 (2 hrs) Comparative Fitness Programs
- HPS 4660 (3 hrs) Legal Liability for Physical Educators, Coaches and Admin
- HPS 4680 (3 hrs) Advanced Fitness Assessment and Exercise Prescription
- HPS 4780 (3 hrs) Community Fitness Testing and Program Planning
- HPS 4880 (10 hrs) Internship for Adult Fitness (Sr. Exp.)
- NUT 2040 (3 hrs) Introduction to Nutrition
- PSY 2410 (3 hrs) Social Psychology
- **HPS 2060 (3 hrs) Emergency Rescue/First 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**