

Bachelor of Science in Human Performance – Emphasis in Exercise for Special Populations

PLAN OF STUDY

	FALL			SPRING		
	Course		Credit	Course		Credit
FIRST YEAR	IDL 190	Freshman Seminar	2	ENGL 201	Composition II	3
	ENGL 101	Composition I	3	PSYC 101	General Psychology*	3
	CMST 101	Fundamentals of Speech*	3	ARTH 100	Art Appreciation*	3
	MATH 114	College Algebra*	3	HIST 122	Western Civilization II*	3
	PE 180	Foundations of HPER	2	BIOL 101/L	Survey of Biology I*	3
	PE 183	Professional Communication in HPER/A	3			15
			16			
SECOND YEAR	SOC 100	Introduction to Sociology*	3	HLTH 251	First Aid and CPR	1
	BIOL 106/L	Human Health and Biology*	3	PE 334	Behavioral and Social Issues in HPER/A	3
	BADM 220	Business Statistics*	3	HLTH 240	Health and Fitness in Special Populations	3
	PE 100	Activity Course: Weight Training	1	BADM 457	Business Ethics*	3
	PE 200	Professional Preparation: Fitness	1		Elective or Minor Course	3
	PE 352	Adapted Physical Education**	3		Elective or Minor Course	3
			14			16
THIRD YEAR	HLTH 422	Nutrition	3	PE 350	Exercise Physiology	3
	PE 250/L	Human Anatomy and Physiology	4	PE 378	Assessment of Developmental and Adapted Physical Activities	3
	PE 440	Organization and Administration of HPER/A	3	PE 452	Motor Learning and Development	3
		Additional Math or Science Course	3	PE 459	Introduction to Research Methods	3
		Elective or Minor Course	3		Elective or Minor Course	3
				16		
FOURTH YEAR	PE 395	Practicum	3	PE 454	Biomechanics	3
	PE 400	Exercise Test and Prescription	3	PE 457	Psychology of Human Performance	3
	PE 410	Program Design for Strength & Conditioning	3	PE 482	Theory of Strength Training and Conditioning	3
	PE 451	Tests and Measurements	2	PE 496	Field Experience	3
		Elective or Minor Course	3		Elective or Minor Course	2-3
				14		

Suggested Majors: Biology, PE, Psychology, Sport Marketing and Administration

Suggested Minors: Business, Coaching, Health, Psychology, Sport Management

Possible Professional Programs: pre-Physical Therapy/pre-Occupational Therapy endorsement

*Fulfills a General Education Requirement. **Fulfills a major requirement. ***Fulfills a general elective. Other course options may be available. This plan of study is not an official document. Depending on placement, developmental courses may be required. Course rotations may change. Visit with a professional advisor regularly to discuss course selection and degree planning.



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