Exercise Science & Wellness Program- Human Performance Concentration
2013 – 2015

AREA I – Written Composition (6 Hrs in Sequence)

_____ _____ (3) EH 101 English Composition I
_____ _____ (3) EH 102 English Composition II

AREA II – Humanities & Fine Arts (12 Hrs)*

**Students must complete a 6-hour sequence in either Literature or History with a minimum of 3 semester hours in Literature and History.*

_____ _____ (3) EH 141 Oral Communication **(3 Hrs)**

Plus

Select three of the following courses: (9 Hrs)

_____ _____ (3) Art 202 Art Appreciation
_____ _____ (3) DR 242 Introduction to Theatre
_____ _____ (3) EH 201 American Literature I
_____ _____ (3) EH 202 American Literature II
_____ _____ (3) EH 203 Survey of English Literature I
_____ _____ (3) EH 204 Survey of English Literature II
_____ _____ (3) EH 219 Honors English Literature I
_____ _____ (3) EH 220 Honors English Literature II
_____ _____ (3) EH 231 World Literature I
_____ _____ (3) EH 232 World Literature II
_____ _____ (3, 3) FH 101/102 Beginner's French
_____ _____ (3, 3) FH 201/202 Intermediate French
_____ _____ (3, 3) SH 101/102 Beginner's Spanish
_____ _____ (3, 3) SH 201/202 Intermediate Spanish
_____ _____ (3) MU 233 Introduction to Music

AREA III – Natural Sciences & Mathematics (11 Hrs)

Science Sequence – (8 Hrs)

_____ _____ (4) BY 101/103L General Biology/Lab
_____ _____ (4) BY 263 Human Anatomy & Physiology

Mathematics – (3 Hrs)

_____ _____ (3) MS 112 Precalculus Algebra (or higher)

AREA IV – History, Social & Behavioral Sciences (12 Hrs)*

**Students must complete a 6-hour sequence in either Literature or History with a minimum of 3 semester hours in Literature and History.*

Psychology Sequence- (6 Hrs)

_____ _____ (3) PSY 201 Principles of Psychology
_____ _____ (3) PSY 222 Human Development

Plus

Select two of the following courses: (6 Hrs)

_____ _____ (3) AN 224 Introduction to Anthropology
_____ _____ (3) GY 120 World Regional Geography
_____ _____ (3) GY 220 Human Geography
_____ _____ (3) HY 101 Western Civilization I
_____ _____ (3) HY 102 Western Civilization II
_____ _____ (3) HY 201 American History I
_____ _____ (3) HY 202 American History II
_____ _____ (3) PSC 100 American Government
_____ _____ (3) SY 221 Introduction to Sociology

AREA V – Pre-Professional, Major, Minor & Electives

Pre-Professional Studies (13 Hrs)

_____ _____ (3) HPE 109 Concepts of Wellness
_____ _____ (1) HPE 165 Intro to ESW
_____ _____ (3) HPE 209 Esst. of Human Performance
_____ _____ (3) FCS 215 Introduction to Nutrition ***or***
_____ _____ (3) FCS 322 Normal Nutrition
_____ _____ (3) MS 204 Basic Statistics ***or***
_____ _____ (3) SY 304 Social Statistics
_____ _____ ** BY 263 Human Anatomy & Physiology

**BY 263 hours are counted in Area III to fulfill Natural Science.

Professional Studies (44 Hrs)

_____ _____ (2) HPE 232 Sports Safety & First Aid
_____ _____ (3) HPE 272 Basic Athletic Training
_____ _____ (3) HPE 301 Fitness Management
_____ _____ (3) HPE 350 Intro to Personal Training
_____ _____ (3) HPE 362 Kinesiology
_____ _____ (3) HPE 375 Therapeutic Ex and Modalities
_____ _____ (3) HPE 400 Exercise Physiology
_____ _____ (3) HPE 405 Scientific Prin of Conditioning
_____ _____ (3) HPE 406 Physical Fitness Techniques
_____ _____ (3) HPE 415 Biomechanics
_____ _____ (3) HPE 440 Fitness Testing
_____ _____ (3) HPE 441 Design of Wellness Programs
_____ _____ (3) HPE 450 ESW Research Seminar
_____ _____ (6) HPE 465 Practicum in ESW

Minor & General Electives with approval of Advisor (minimum of 22 Hrs)***

_____ _____(0) STU 101 First Year Experience
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*** Minors are required and may be selected from any field in which minors are offered except ESW.

NOTE: Of the 120 Total Semester Hours, 39 must be at the 300 level or above.

Minimum 2.50 GPA, pass the ECE, obtain either the ACSM's HFS or NSCA's CSCS certification, and take the CBASE in order to meet graduation requirements for an ESW degree.