## Exercise Science & Wellness Program - Human Performance Concentration

**2017 – 2019**

### 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 (79 Hrs)
**Pre-Professional Studies – (13 Hrs)**
- (3) HPE 109 Concepts of Wellness
- (1) HPE 165 Intro to ESW
- (3) HPE 209 Bas of Human Performance
- (3) FCS 215/FCS 322 Introduction to Nutrition OR Normal Nutrition
- (3) MS 204/SY 304 Basic Statistics OR Social Statistics
- (4) BY 263** Human Anatomy & Physiology

**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 )**

**Total Semester Hours, 79 Hrs

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

**Additional graduation requirements:**
Minimum 2.50 GPA, pass the ECE, obtain either the ACSM’s EP-C or NSCA’s CSCS certification, and take the EPP in order to meet graduation requirements for an ESW degree.