

Health and Exercise Science with Health and Fitness Concentration
(Department of Health and Human Performance)

<u>Core Requirements</u>	<u>Credits</u>	<u>Semester Completed</u>
[HEXS 101] Introduction to Health and Exercise Science	1	_____
[HEXS 220] Health Promotion Management	3	_____
[HEXS 225] Research Methods and Statistical Analysis	3	_____
[HEXS 360] Exercise Testing and Prescription	3	_____
[HEXS 412] Senior Seminar for Health and Exercise Science	3	_____
[HPED 170] Concepts of Conditioning	1	_____
One of the following:	0-3	_____
[HPED 193] Lifeguarding/First Aid/CPR (2) or equivalent competency* = (0-2) <u>OR</u>		
[HPED 195] First Aid; CPR (1) or equivalent competency* with		
[HPED 189] Emergency Water Safety (1) = (1-2) <u>OR</u>		
[HPED 195] First Aid; CPR (1) or equivalent competency* with		
[HPED 192] Water Safety Instructor (2) = (2-3)		
[HPED 321] Kinesiology	3	_____
[HPED 322] Exercise Physiology	3	_____
[PSYC 101] Introduction to Psychology	3	_____
 <u>Concentration Requirements</u>		
[BIOL 185] Human Anatomy and Physiology I	4	_____
[BIOL 186] Human Anatomy and Physiology II	4	_____
[BIOL 189] Genetics for Health Profession	3	_____
[CHEM 105] General Chemistry I	4	_____
[HEXS 215] Exercise and Chronic Disease	3	_____
[HPED 329] Sport in Society	3	_____
[HPED 423] Principles of Administration	3	_____
[NUTR 222] Nutrition Theory	3	_____
One of the following:	3	_____
[GERO 251] Nutrition, Health, and Biology of Aging (3)		
[PSYC 310] Child Development (3)		
[PSYC 311] Adolescent Development (3)		
Two of the following: (<i>alternate year courses</i>)	6	_____
[HEXS 210] Exercise Psychology (3)		
[HEXS 310] Elite Athletic Performance (3)		
[HEXS 315] Stress Testing and ECG Interpretation (3)		
[HEXS 415] Advanced Exercise Physiology (3)		

General Education Requirements on reverse side

* Competency as defined by the American Red Cross

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General Education Requirements

<u>Courses</u>	<u>Credits</u>	<u>Semester Completed</u>
First Year Seminar	3	_____
Oral Communications	3	_____
Created and Called for Community	3	_____
Mathematical Sciences	3-4	_____
Laboratory Science ([BIOL 185])	4	<u>met by major</u>
Science, Technology and the World ([HPED 322])	3	<u>met by major</u>
Two of the following:	6	
Social Science – [PSYC 101] (3)		<u>met by major</u>
European History (3)		_____
United States History (3)		_____
Literature	3	_____
Philosophy and Religion	3	_____
Arts	3	_____
Language/Cross Cultural		
First Semester of Language	3	_____
Second Semester of Language	3	_____
Third Semester of Language or Cross Cultural	3	_____
Non-Western Studies	2-3	_____
Bible	3	_____
Christian Beliefs	3	_____
Health and Physical Fitness (Wellness and Activity Course)	1-4	<u>met by major</u>
[HPED 170] Concepts of Conditioning (1) and		
One of the following:		
[HPED 193] Lifeguarding/First Aid/CPR (2) or equivalent competency = (0-2) <u>OR</u>		
[HPED 195] First Aid; CPR (1) or equivalent competency with		
[HPED 189] Emergency Water Safety (1) = (1-2) <u>OR</u>		
[HPED 195] First Aid; CPR (1) or equivalent competency with		
[HPED 192] Water Safety Instructor (2) = (2-3)		
One of the following:	3	
Ethics (3)		_____
World Views (3)		_____
Pluralism in Contemporary Society – [HPED 329] (3)		<u>met by major</u>
Writing Enriched Course		_____

SUMMARY OF DEGREE REQUIREMENTS:

General Education	41-43
Major Core	23-26
Concentration	36
Electives	<u>18-23</u>
Total	123

Major Requirements on reverse side

