

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

Major Requirements

<u>Major Courses</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	2	
[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] Chronic Disease and Exercise	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]/[HDFS 310] Child Development (3)		
[PSYC 311] Adolescent Development (3)		
[PSYC 312] Adult Development (3)		
Two of the following: (alternate year courses)	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

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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])	3-4	<u>met by major</u>
Science, Technology and the World ([HPED 322])	3	<u>waived</u>
Two of the following:	6	
Social Science (3) ([PSYC 101])		<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		
Introduction to Wellness ([HPED 170])	2	<u>met by major</u>
Activity Course	1	
One of the following:	3	
Ethics (3)		
World Views (3)		
Pluralism in Contemporary Society (3) ([HPED 329])		<u>met by major</u>
Writing Enriched Course		

SUMMARY OF DEGREE REQUIREMENTS:

General Education	42-44
Major Core	24
Concentration	36
Electives	19-21
Total	123

Major requirements on reverse side