

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

General Education Requirements on reverse side

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 (Department of Health and Human Performance)  
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 ( <a href="#">[BIOL 185]</a> )	4	<u>met by major</u>
Science, Technology and the World ( <a href="#">[HPED 322]</a> )	3	<u>met by major</u>
<b>Two of the following:</b>	6	
Social Science – <a href="#">[PSYC 101]</a> (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>
<a href="#">[HPED 170]</a> Concepts of Conditioning (1) <b>and</b>		
<b>One of the following:</b>		
<a href="#">[HPED 193]</a> Lifeguarding/First Aid/CPR (2) or equivalent competency* = (0-2) <b>OR</b>		
<a href="#">[HPED 195]</a> First Aid; CPR (1) or equivalent competency* with <a href="#">[HPED 189]</a> Emergency Water Safety (1) = (1-2) <b>OR</b>		
<a href="#">[HPED 195]</a> First Aid; CPR (1) or equivalent competency* with <a href="#">[HPED 192]</a> Water Safety Instructor (2) = (2-3)		
<b>One of the following:</b>	3	
Ethics (3)		
World Views (3)		
Pluralism in Contemporary Society – <a href="#">[HPED 329]</a> (3)		<u>met by major</u>
Writing Enriched Course		

**SUMMARY OF DEGREE REQUIREMENTS:**

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

Major Requirements on reverse side