

HEALTH AND HUMAN PERFORMANCE MAJOR: APPLIED EXERCISE SCIENCE CONCENTRATION
Undergraduate Bulletin 2011-2012

REQUIRED MAJOR COURSES AND ELECTIVES

63 HRS (48 Hours Upper Division)

				Fall		Spring		Summer	
				Land	Web	Land	Web	Land	Web
HHP 2000	First Aid, CPR & Safety	3	_____	X		X		X	
HHP 2010	Technology Applications	3	_____		X		X		X
HHP 2050 ³	Community & Environmental Health	3	_____		X		X		X
HHP 2070*	Principles of Strength and Conditioning	3	_____			X			
HHP 3000	Health Care Management	3	_____	X	X				
HHP 3030	Nutrition – Science and Application	3	_____	X	X		X		MAY
HHP 3300	Anatomical Kinesiology	3	_____	X	X				
HHP 4000	Introduction to Gerontology	3	_____	X		X			
HHP 4050	Current Concepts in Wellness Promotion	3	_____			X			
HHP 4060	Consumer Health	3	_____	X	X				X
HHP 4070 ¹	Introduction to Disease	3	_____	X	X				X
HHP 4150 ²	Fitness Assessment and Exec Pres	3	_____			X			
HHP 4210	Measurement & Evaluation Physical Education	3	_____			X			
HHP 4220**	Analysis of Movement	3	_____			X	X		X
HHP 4250**	Physiology of Exercise	3	_____	X				X	
HHP 4300	Introduction to Stress Management	3	_____				X		X
HHP 4990	Internship in Health and Human Performance	12	_____			X		X	
PHIL 2300	Medical Ethics	3	_____		X		X		X

ELECTIVES

15 HRS

¹ Prerequisite: BIOL 1010 OR BIOL 2010

² Prerequisite: HHP 4250

³ Prerequisite/Concurrent enrollment: HHP 1250

*Prerequisite: HHP 1250 and BIOL 2010

** Prerequisite: BIOL 2010 OR HHP 3300

RECOMMENDED 4 YEAR PLAN

Freshman		Sophomore	
Fall (17 hrs)	Spring (16 hrs)	Fall (15 hrs)	Spring (15 hrs)
APSU 1000 BIOL 2010/2011 HHP 2010 HHP 1250 ENG 1010 Hum/Fine Art core	BIOL 2020/2011 Math core Phil 2300 ENG 1020 Soc/Beh core	HHP 3000 COMM 1010 HHP 2050 HIST core Elective	HIST core HHP 2070 ENG 2030 Hum/Fine Art core Elective
Junior		Senior	
Fall (15 hrs)	Spring (15 hrs)	Fall (15 hrs)	Spring (12 hrs)
HHP 3030 HHP 3300 HHP 4000 HHP 4250 Elective	HHP 4050 HHP 4150 HHP 4210 HHP 4220 HHP 4300	HHP 2000 HHP 4060 HHP 4070 Elective Elective	HHP 4990

***Bolded HHP courses are typically offered during summer session**