



**Sample 4 Year Plan
Bachelor of Science
Health and Human Performance
Sport and Wellness Specialist Concentration**

		Fall Semester		Spring Semester		
First Year		Course Information	Credit Hrs		Course Information	Credit Hrs
	AP	UNIV 1000 – Freshman Orientation	1	AP	ENGL 1020 – English Composition II	3
	AP	ENGL 1010 – English Composition I	3	AP	Social and Behavioral Sciences Core	3
	AP	Humanities and Fine Arts Core	3	AP	History Core	3
		HHP 2240 – Intro to Physical Education	3	AP	Humanities and Fine Arts Core	3
	AP	Mathematics Core	3	AP	COMM 2045 – Public Speaking	3
	AP	HHP 1250 – Wellness Concepts	3			
	TOTAL SCH	16		TOTAL SCH	15	

		Fall Semester		Spring Semester		
Second Year	AP	ENGL 2330 – Topics in World Lit	3	AP	History Core	3
	AP	Natural Sciences Core w/lab	4	AP	Natural Sciences Core w/lab	4
		HHP 2500 – Foundation in Recreation	3		HHP 2030 – Youth and Adolescent Health	3
		HHP 3010 – Adapted Physical Education	3		HHP 3030 – Nutrition: Science and Application	3
		Elective	3		HHP 3100 – Foundations of Kinesiology	3
		TOTAL SCH	16		TOTAL SCH	16

		Fall Semester		Spring Semester		
Third Year		HHP 3190 – Movement Ed for Children	3		Group 3 Course	3
		Group One Course	3		HHP 4300 – Intro to Stress Management	3
		Elective	3		Group 3 Course	3
		Elective	3		Elective	3
		HHP 4080 – Human Sexuality	3		Elective	3
		TOTAL SCH	15		TOTALSCH	15

		Fall Semester		Spring Semester		
Fourth Year		Group 2 Course	3		Elective	3
		HHP 4040 – Sport Psychology	3		Elective	3
		Elective	3		Elective	3
		Elective	3		Elective	3
		Elective	3			
	TOTAL SCH	15		TOTAL SCH	12	

*AP designates General Education Core Course to be completed for your degree.

**Bachelor degrees require the completion of 33 upper division (3000 – 4999) credit hours.

Group A: Choose 1

- LDSP 2100 – Foundations of Leadership
- HHP 2600 – Community Recreation
- HHP 3700 – Program Plan and LDSP in Recreation

Group B: Choose 1

- HHP 3110 -Substance Use and Abuse
- HHP 4060 – Consumer Health
- HHP 4070 – Intro to Human Health and Disease

Group C: Choose 1

- HHP 3155 – Teaching Individual & Dual Sports
- HHP 3165 – Teaching Team Sports