

Degree Plan: Bachelor of Science in Health & Human Performance

Note: as shared courses are approved in the CGPS Academic Council they will be added to the catalog and reflected in the degree program

MAJOR REQUIREMENTS - 47 credit hours

Major (39 hours)

NEW	HHP 201	Foundations of Health and Human Performance	Credit Hours: 3	
	NUTR 224	Nutrition for Exercise & Sport	Credit Hours: 3	
	KINE 232	Structural Kinesiology	Credit Hours: 3	
	KINE 311	Motor Behavior	Credit Hours: 3	
	KINE 342	Exercise Testing, Evaluation and Prescription	Credit Hours: 3	
	KINE 360	Leadership & Management for Health & Human Performance	Credit Hours: 3	(Writing Intensive course)
NEW	HHP 374	Exercise Physiology and Applications	Credit Hours: 3	
	KINE 399	Research Methods in Health and Human Performance	Credit Hours: 3	(Writing Intensive course)
NEW	HHP 401	Strength and Conditioning for Performance	Credit Hours: 3	
NEW	HHP 421	Exercise and Special Populations	Credit Hours: 3	
NEW	HHP 451	Professional Certifications in Health & Human Performance	Credit Hours: 3	
NEW	HHP 491	Health and Human Performance Capstone	Credit Hours: 3	(Capstone course)
	KINE 498	Biomechanics	Credit Hours: 3	

Supplement for the major (8 hours)

PSYC 120	Introduction to Psychology*	Credit Hours: 3
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MATW/H 123	Elementary Statistics*	Credit Hours: 3
CHEM 113	Introductory Chemistry* (or higher)	Credit Hours: 3
BIOL 291	Anatomy and Physiology I*	Credit Hours: 3
BIOL 293	Anatomy and Physiology I Laboratory	Credit Hours: 1
BIOL 292	Anatomy and Physiology II	Credit Hours: 3
BIOL 294	Anatomy and Physiology II Laboratory	Credit Hours: 1
PSYC 342	Psychology of Sport and Exercise	Credit Hours: 3
or		
PSYC 356	Health Psychology	Credit Hours: 3

**Hours fulfill General Education Requirements and do not count toward the major hours*

ELECTIVES - 17 credit hours

TOTAL MAJOR HOURS: 64

OTHER GRADUATION REQUIREMENTS

Minimum GPA in major: 2.00

Minimum GPA for graduation: 2.00

Minimum advanced hours: 33

Minimum total hours: 120

*Courses numbered 0** do not count in minimum hours required for degree.*

Program Outcome 1. Students will be able to describe and apply theories and evidence-based practices in the fields of health and human performance

SLO 1.1 Students will be able to demonstrate a basic understanding of the theories and evidence-based practices in the fields of health and human performance.

SLO 1.2 Students will be able to apply theories and evidenced-based practices by presenting solutions to problems in the fields of health and human performance.

SLO 1.3 Students will be able to demonstrate knowledge of research appropriate to the field.

Program Outcome 2. Students will be able to assess health, fitness, and performance for the purpose of optimizing health and human performance.

SLO 2.1 Students will be able to identify appropriate techniques, equipment, and protocols for the assessment of health, fitness, and human performance.

SLO 2.2 Students will be able to utilize appropriate techniques, equipment, and protocols for the assessment of health, fitness and human performance.

SLO 2.3 Students will be able to interpret results from appropriate techniques, equipment, and protocols for the assessment of health, fitness and human performance.

Program Outcome 3. Students will be able to develop interventions for the purpose of optimizing health and human performance.

SLO 3.1 The student will be able to determine and design safe and effective exercise and training practices to enhance health and human performance.

SLO 3.2 The student will be able to implement safe and effective exercise and training practices to enhance health and human performance.