



Health and Human Performance Major Requirements

Major requirements include 51-55 hours including 20 hours of required core courses and three options for concentrations: Exercise Science (31 hours), Health and Fitness (32 hours), or Health and Physical Education Teaching (35 hours).

Required core courses for Health and Human Performance:

- 2 hours HHP 150 Introduction to Health and Human Performance
- 3 hours HHP 110 First Aid and CPR
- 3 hours HHP 254 Personal and Community Health
- 3 hours HHP 281 Prevention and Care of Injuries
- 3 hours HHP 320 Adapted Physical Education
- 3-4 hours HHP 329 Kinesiology (Exercise Science concentration requires additional credit for lab)
- 3-4 hours HHP 360 Exercise Physiology (Exercise Science concentration requires additional credit for lab)

Recommended supporting courses:

- 3 hours PSY 111 General Psychology
- 3 hours HHP 355 Sport Psychology

Required courses for Health and Physical Education Teaching concentration:

Required for Physical Education licensure:

- 3 hours HHP 201 Functional Anatomy
- 3 hours HHP 202 Introduction to Physical Education
- 2 hours HHP 230 Foundations of Physical Education: Team Sports
- 2 hours HHP 235 Foundations of Physical Education: Individual/Dual Sports
- 2 hours HHP 240 Foundations of Physical Education: Activity Trends
- 2 hours HHP 261 Teaching Rhythms and Movement
- 3 hours HHP 325 Motor Behavior
- 3 hours HHP 343 Curriculum and Teaching Methods in Elementary Physical Education
- 3 hours HHP 345 Curriculum and Teaching Methods in Secondary Physical Education
- 3 hours HHP 410 Essentials of Strength Training and Conditioning
- 2 hours HHP 475 Measurement and Evaluation in Health and Physical Education

Optional: Health Education licensure:

- 3 hours HHP 323 Principles of Nutrition for Health
- 3 hours HHP 379 Curriculum and Teaching Methods in Health Education

Required supporting course:

- 3 hours CHE 101 Introductory Chemistry
- 4 hours BIO 221 Human Anatomy and Physiology

In addition to coursework, students in the Health and Physical Education Teaching concentration must:
Apply to the Teacher Education program before Junior year
Complete General Education course requirements for Teacher Licensure
Complete Professional Education course requirements for Teacher Licensure

Required courses for Teacher Education

Prerequisite courses for program admission. Students should take before Junior year.

1 hour EDU 301B Early Field Experience
3 hours EDU 210 Introduction to Infants, Children and Youth with Special Needs
3 hours EDU 255 Introduction to Education

EDU Courses 300+ require admission to the Teacher Education program

1 hour EDU 300 Education Technology
3 hours EDU 310 School and Community
3 hours EDU 325 Methods of Teaching
2 hours EDU 345 Behavior Management
3 hours EDU 353 Psychological Foundations of Education

5 hours EDU460B Student Teaching in the Elementary School
2 hours EDU475A Practicum/Seminar in Student Teaching
5 hours EDU475B Student Teaching in the Secondary School

Required Supporting Course

3 hours COA 101 Public Speaking
3 hours PSY 211 General Psychology
3 hours SSC 222 Principles of Sociology