

2022-2023 B.A. in HEALTH AND HUMAN PERFORMANCE - General

(32 credits required for graduation with a minimum cumulative GPA of 2.00)

NOTE: This guide is not meant to replace the degree audit; it is subject to change and represents actions approved by Faculty to date. Students are encouraged to run their degree audit often. Please refer to the *2022-2023 Catalog*, which will be updated with the most current information.

GENERAL EDUCATION PROGRAM

No single transfer course can meet more than one General Education requirement.

Core Courses

(Development math courses may be waived on basis of test scores.)

MAT 010 Pre-Algebra
MAT 011 Elementary Algebra
MAT 012 Elementary Algebra II

GSTR 110 Writing Seminar I: Critical Thinking in the Liberal Arts *(Transfer students may waive if College Composition was taken as a degree-seeking student at another college and earned a grade of B or higher.)*

GSTR 210 Writing Seminar II: Identity and Diversity in the U.S.
GSTR 310 Understandings of Christianity
GSTR 410 Seminar-Contemporary Global Issues

Scientific Knowledge and Inquiry

GSTR 332 Scientific Origins **OR**

Two (2) approved science courses, from two different disciplines, one of which must be an approved lab course. The following courses have been approved to meet this requirement: ANR 110, BIO 100, 101, 110, CHM 113, 131, PHY 111, 127, 221

Wellness & Fitness

WELL 101 Principles of Wellness I
WELL 102 Principles of Wellness II

Two (2) 1/4-credit HHP activity courses *(HHP 200 will satisfy both the SWIM requirement and one of the activity course requirements)*

Practical Reasoning (PR & PRQ)

Two (2) courses, at least one firmly grounded in math or statistics (PRQ); the other can be an approved practical reasoning (PR) course or another PRQ course.

Perspectives (Six areas required)

One (1) course in **each** of the six areas is required. Individual courses may be approved to satisfy more than one perspective, but no single course may satisfy more than two perspective areas.

- 1) Arts
- 2) Social Science
- 3) Western History
- 4) Religion
- 5) African American/Appalachian/Women
- 6) International (choose one option):
 - A) Two (2) courses in the same non-English language, one of which may be waived through testing; **OR**
 - B) Two (2) world culture courses, one of which must be grounded in a non-western culture

Active Learning Experience

An approved experience, taken for credit or non-credit (e.g. internships, undergraduate research experiences).

HHP GENERAL MAJOR COURSES

Must earn C or higher in major requirements, including prerequisites and collaterals.

Core Courses

HHP 125 Foundations of Human Performance
HHP 264 Statistics in Human Performance
HHP 315 Motor Behavior Across Lifespan
HHP 345 Biomechanics & Functional Movement Analysis
HHP 350 Exercise Physiology

Capstone Course

HHP 492 Senior Research in Human Performance

Distribution Courses (4 total credits)

Four (4) course credits chosen from the following:

HHP 245 Dance Education
HHP 246 Individual and Dual Sports
HHP 247 Team Sports
HHP 250 Aquatics
HHP 254 Principles of Coaching
HHP 260 Care & Prevention in Athletic Injury
HHP 261 Exercise & Sport Psychology
HHP 262 Exercise & Sports Nutrition
HHP 263 Personal Training Certification
HHP 265 Exercise Testing & Prescription
HHP 280 Adapted Physical Education
HHP 360 Advanced Athletic Training

Required Collateral Courses (count outside the major)

BIO 201 Human Anatomy & Physiology I
HLT 200 Foundations of Health Studies

Additional Proficiency Requirement

Certification in First Aid/CPR/AED (adult, child, infant).
Can be met by successful completion of HLT 109, HHP 310, HHP CPR instructor courses or a community course through a recognized agency.

ELECTIVES

Twenty (20) credits outside the major.

Admission Requirement: An interview with faculty members of the department and departmental recommendation are required for admission to the major. Students interested in this major should contact the department as early as possible in their college career to explore areas of concentration.

Proficiency Requirement: Certification in First Aid/CPR must be completed by first term of Senior Year. May be met by taking HLT 109: *Comprehensive First Aid*.

Labor Requirement: Students in this major are expected to hold a Labor position for at least one regular term within the Health & Human Performance program, Seabury Center, or intramurals.

NOTE: Physical Education courses are taught in alternating years, so it is important to begin sequencing as early as possible.

Learning Goal 1: To understand Exercise Science

Learning Outcome 1.1: Demonstrate foundational knowledge of exercise science through an understanding of the underlying physiological principles which guide how the body responds to physical demands.

Learning Outcome 1.2: Assess fitness develop fitness goals and prescribe appropriate exercise programs.

Learning Outcome 1.3: Generate activities (skill progressions) that are developmentally appropriate and safe.

Learning Outcome 1.4: Demonstrate the importance of integrating all dimensions of wellness into healthy behaviors.

Learning Goal 2: To understand Health and Health Promotion

Learning Outcome 2.1: Create a comprehensive wellness plan for incorporating healthy behaviors into one's daily routine.

Learning Outcome 2.2: Assess health and wellness goals, and develop a comprehensive health and wellness plan to address specific goals.

Learning Outcome 2.3: Develop confidence in working with diverse populations of people and modifying wellness goals accordingly.

Learning Outcome 2.4: Demonstrate a multi-dimensional understanding of health and wellness.

Learning Goal 3: To understand movement and human performance.

Learning Outcome 3.1: To be able to analyze movement in a methodical, scientific way; guided by the principles kinetics, kinematics and qualitative assessment.

Learning Outcome 3.2: Demonstrate competency in a variety of movement activities.

Learning Outcome 3.3: Apply principles of motor learning and define the ways in which people learn movement.

Learning Outcome 3.4: Develop confidence in working with diverse populations of people and modifying activities appropriately.

Learning Goal 4: To understand academic perspectives and techniques in Health and Human Performance

Learning Outcome 4.1: Identify cultural, social, psychological, and historical impacts on health and human performance.

Learning Outcome 4.2: Interpret research relevant to health and human performance

Learning Outcome 4.3: Demonstrate quantitative competency in health and human performance.

Learning Outcome 4.4: Demonstrate effective oral and written communication skills in ways relevant to health and human performance.

Learning Outcome 4.5: Demonstrate proficiency with relevant technology.

Learning Outcome 4.6: Develop professional networking skills and connections.

Learning Outcome 4.7: Develop leadership skills that are transferable to educational, community, corporate and other career settings.