

Health and Human Performance Degree, Strength and Conditioning Concentration

BS Catalog Year: 2019-2020

Name: _____

Student ID: _____

Email: _____

Phone Number: _____

<p><u>LIBERAL ARTS CORE 45 HRS</u> ENGLISH 6 HRS * ENG 1463 FRESHMAN ENGLISH A _____ ENG 1473 FRESHMAN ENGLISH B _____ ENG 1803 FRESHMAN ENGLISHHR _____ COMMUNICATION 3 HRS COM 2013 ORAL COMM _____ HENDERSON SEMINAR 1 HR GEN 1031 HENDERSON SEM _____ PHYSICAL WELL – BEING 1 HR HPR 1011 LIFE FIT CONCPT _____ OR HPR 1 HR ACTIVITY CR _____ MSC 1011 OR MSC 1021 OR ONE YEAR OR MORE OF ACTIVE DUTY MILITARY SERVICE WILL SATISFY THIS REQUIREMENT. MATHEMATICS 3 HRS* MTH 1033 QUANTITATIVE LITERACY _____ MTH 1243 COLL ALG _____ MTH 1253 PLN TRIG _____ MTH 1273 PRE CALC _____ FINE ARTS & HUMANITIES 6 HRS PICK ONE: ENG 2013 WORLD LIT I _____ ENG 2023 WORLD LIT II _____ ENG 2053 STUDIES IN LIT _____ ENG 2793 MAST WEST LIT HR _____ PICK ONE: ART 2033 HUM ART _____ ART 2603 HUM STUD ART _____ HUM 2093 FINE ARTS HR _____ MUS 2033 HUM MUSIC _____ THA 2033 HUM THEATRE _____ COM/MMC/THA 3423 MOVIE APP & ENJOYMENT _____ SOCIAL SCIENCE 9 HRS PICK ONE: HIS 1013 CIV TO 1660 _____ HIS 1023 CIV SINCE 1660 _____ HIS 1043 CIV SINCE 1660 HR _____ PICK ONE: HIS 2053 US TO 1877 _____ HIS 2063 US SINCE 1877 _____ PSC 1013 AM NAT GOV _____ PSC 2193 GLOBAL POLITICS _____ PSY 1013 GEN PSYCH** _____ (PRE – REQUISITE FOR PSY 2263)</p> <p style="text-align: center;">*REQUIRES "C" OR BETTER</p>	<p><u>NATURAL SCIENCE 8 HRS*</u> BIO 1013/1021 INTRO BIO/LAB _____ CHM 1034 GEN CHM/LAB _____ NON-WESTERN CULTURE 3 HRS ANT 3043 NORTH AM INDIANS _____ ANT 4053 WORLD CULTURES _____ ART 4103 ART NONWEST WORLD _____ BIO4324 TROPICAL MARINE BIOLOGY _____ BIO 4044 NEOTROPICAL ECOLOGY _____ EDU 4543 TEACH PEOP OTH CULT _____ ENG 3043 NONWEST LIT _____ GEN 4083 STUDY ABROAD _____ HIS 4253 AFRICAN KINGDOMS _____ HIS 4273 ISLAM AND THE WEST _____ HIS 4303 SEX & GENDER IN AFRICA _____ HIS 4343 AFRICA IN THE AMERICAN S _____ HIS 4673 ASIAN CIV _____ HIS 4683 MOD MID EAST _____ HIS 4693 AFRICAN HIST _____ HPR 3973 HIST & PHIL NW LEIS _____ MUS 3473 SURV NW MUSIC _____ NSG 3643 TRANS-CULT HLTHCAR _____ PHI 3023 RELIGIONS OF WORLD _____ PHI 4203 ASIAN PHILOSOPHY _____ PHY 4293 NW COSMOLOGY _____ PSC 4233 COMP POL MID EAST _____ PSC 4243 COMP POL AFRICA _____ PSC 4253 SOUTH ASIAN POL _____ PSY 3043 CROSS CULT PSYCH _____ PSY 3053 MULTICULT MENT HLTH _____ SOC 4063 WORLD CULT _____ THA 3483 THEATRE NW WORLD _____ CORE ELECTIVES 3 HRS FRE 1013 FRENCH 1(OR HIGHER) _____ GER 1013 GERMAN 1(OR HIGHER) _____ HUM 2153 INTRO WM GENDR _____ PHI 2013 INTRO PHIL _____ PHI 2083 INTRO PHIL HR _____ PHI 3113 ETHICS _____ PHI 4043 ANCIENT PHIL _____ PHI 4053 MODERN PHIL _____ SPA 1013 SPANISH 1(OR HIGHER) _____ WRITING REQUIREMENT 3 HRS* ENG 3313 UNIV WRITING _____ ENG 3613 TECH WRITING _____ ENG 4453 ADV COMP _____ HIS 3383 WRITING HISTORY _____ COM 4063 MAG & FEAT _____ COM 4293 CREAT NONFICTION _____ NSG 3603 HLTHCARE RESEARCH _____</p>	<p><u>STRENGTH & CONDITIONING REQUIRED COURSES</u> CORE 45 HRS* HHP 1102 INTRO HEAL & HUM P _____ HHP 2052 MEDICAL TERMINOLOGY _____ HHP 3003 SPT PSY HLTH HUM PER _____ HHP 3064 ASSESS OF UPPER _____ HHP 3074 ASSESS OF LOWER _____ HHP 3084 THERAPEUTIC MOD _____ HHP 3273 GEN MED/PHAR IN _____ HHP 4022 APPLIED EXER PHYS _____ HHP 4094 REHAB/THER EXERCISE _____ HPE 2663 MOTOR DEV&SKL ACQ _____ HPE 3224 KINESIOLOGY** _____ HPE 4234 EXERCISE PHYS** _____ PSY 2023 ABNORMAL PSYCH** _____ PSY 2263 DEVELOP PSYCH** _____</p> <p><u>INTERDISCIPLINARY CORE 28 HRS*</u> FCS 2103 NUTRITION** _____ CHOOSE ONE: FCS 3383 SPORTS NUTRITION** _____ OR FCS 3423 ADV NUTRITION** _____ HHP 2043 PREV&TREAT AERI ** _____ HPE 2203 ESSEN HUM A & P ** _____ HPE 3293 MEASURE&EVAL** _____ HPE 4042 CCH TEAM SPTS K-12** _____ HPE 4052 CCH IND SPTS K-12** _____ HPE 4073 ADAPT PE _____ REC 3033 REC & SPRT FAC DES _____ REC 4283 LEGAL ISS/RISK MGM _____</p> <p style="text-align: center;">*C or better required for required courses and interdisciplinary core</p> <p style="text-align: center;">**CHECK WITH ADVISOR REGARDING PRE-REQUISITES AND CO-REQUISITES</p> <p style="text-align: center;">SEE COURSE DESCRIPTIONS FOR ARKANSAS COURSE TRANSFER SYSTEM (ACTS) COURSE NUMBER EQUIVALENCIES.</p> <p style="text-align: center;">UPDATED 10/23/19 BP</p>
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SUGGESTED SCHEDULING GUIDE

FRESHMAN YEAR			
FALL		SPRING	
BIO 1013 INTRO BIOLOGY	3	CHM 1034 GENERAL CHEMISTRY/LAB	4
BIO 1021 INTRO BIOLOGY LAB	1	ENG 1473 FRESHMAN ENGLISH B	3
ENG 1463 FRESHMAN ENGLISH A	3	HHP 2052 MEDICAL TERMINOLOGY	2
GEN 1031 HENDERSON SEMINAR	1	HPR 1011 LIFE FITNESS OR ACTIVITY CREDIT	1
HHP 1102 INTRODUCTION TO HEALTH & HUM PERFOR	2	HUMANITIES (SEE LAC REQ)	3
MATH (SEE LAC REQ)	3	PSY 1013 GENERAL PSYCHOLOGY	3
SOCIAL SCIENCE – CIVILIZATION (SEE LAC REQ)	3		
TOTAL HOURS	16	TOTAL HOURS	16
SOPHOMORE YEAR			
FALL		SPRING	
COM 2013 ORAL COMMUNICATION	3	HHP 4022 APPLIED EXERCISE PHYSIOLOGY	2
FCS 2103 NUTRITION	3	HPE 2663 MOTOR DEVELOPMENT AND SKILLS ACQ	3
HHP 2043 PREVENTION & TREATMENT OF ATH&EX REL INJ	3	HPE 3224 KINESIOLOGY	4
HPE 2203 ESSEN HUMAN ANATOMY & PHYSIOLOGY I	3	PSY 2023 ABNORMAL PSYCHOLOGY	3
HUMANITIES – ENGLISH (SEE LAC REQ)	3	SOCIAL SCIENCES – HIS OR PSC (SEE LAC REQ)	3
TOTAL HOURS	15	TOTAL HOURS	15
JUNIOR YEAR			
FALL		SPRING	
HHP 3064 ASSESSMENT OF UPPER EXTREMITIES	4	HHP 3074 ASSESSMENT OF LOWER EXTREMITIES	4
HHP 3273 GEN MED COND W/PHARM INTERVENTION	3	CORE ELECTIVE (SEE LAC REQ)	3
WRITING REQUIRMENT (SEE LAC REQ)	3	FCS 3383 SPRT NUTRITION OR FCS 3323 ADV NUTRITION	3
		HPE 4234 EXERCISE PHYSIOLOGY FOR HEALTH & PE	4
		NON – WESTERN CULTURE (SEE LAC REQ)	3
TOTAL HOURS	10	TOTAL HOURS	17
SENIOR YEAR			
FALL		SPRING	
HHP 3084 THERAPEUTIC MODALITIES	4	PSY 2263 DEVELOPMENTAL PSYCHOLOGY	3
HHP 3003 SPORT PSYCHOLOGY IN HEALTH & HUMAN P	3	HHP 4094 REHABILITATION/THERAPEUTIC EXERCISE	4
HPE 3293 MEASUREMENT & EVALUATION	3	HPE 4042 COACHING TEAM SPORTS K-12	2
HPE 4052 COACHING INDIVIDUAL SPORTS K-12	2	REC 3033 REC & SPRT FACILITY DESIGN, MAIN & MGM	3
HPE 4073 ADAPTIVE PHYSICAL EDUCATION	3	REC 4283 LEGAL ISSUES/RISK MANAGEMENT	3
TOTAL HOURS	15	TOTAL HOURS	15

SEE CATALOG COURSE DESCRIPTIONS FOR ARKANSAS COURSE TRANSFER SYSTEM (ACTS) COURSE NUMBER EQUIVALENCIES.

UPDATED 10/23/19 BP gold parchtone