

Health and Human Performance Degree, Strength and Conditioning Concentration

BS Catalog Year: 2018-2019

Name: _____

Student ID: _____

Email: _____

Phone Number: _____

<p><u>LIBERAL ARTS CORE 45 HRS</u></p> <p>ENGLISH 6 HRS *</p> <p>ENG 1463 FRESHMAN ENGLISH A _____</p> <p>ENG 1473 FRESHMAN ENGLISH B _____</p> <p>ENG 1803 FRESHMAN ENGLISHHR _____</p> <p>COMMUNICATION 3 HRS</p> <p>COM 2013 ORAL COMM _____</p> <p>HENDERSON SEMINAR 1 HR</p> <p>GEN 1031 HENDERSON SEM _____</p> <p>PHYSICAL WELL – BEING 1 HR</p> <p>HPR 1011 LIFE FIT CONCPT _____</p> <p>OR</p> <p>HPR 1 HR ACTIVITY CR _____</p> <p>MSC 1011 OR MSC 1021 OR ONE YEAR OR MORE OF ACTIVE DUTY MILITARY SERVICE WILL SATISFY THIS REQUIREMENT.</p> <p>MATHEMATICS 3 HRS*</p> <p>MTH 1033 QUANTITATIVE LITERACY _____</p> <p>MTH 1243 COLL ALG _____</p> <p>MTH 1253 PLN TRIG _____</p> <p>MTH 1273 PRE CALC _____</p> <p>FINE ARTS & HUMANITIES 6 HRS</p> <p>PICK ONE:</p> <p>ENG 2013 WORLD LIT I _____</p> <p>ENG 2023 WORLD LIT II _____</p> <p>ENG 2053 STUDIES IN LIT _____</p> <p>ENG 2793 MAST WEST LIT HR _____</p> <p>PICK ONE:</p> <p>ART 2033 HUM ART _____</p> <p>ART 2603 HUM STUD ART _____</p> <p>HUM 2093 FINE ARTS HR _____</p> <p>MUS 2033 HUM MUSIC _____</p> <p>THA 2033 HUM THEATRE _____</p> <p>COM/MMC/THA 3423 MOVIE APP & ENJOYMENT _____</p> <p>SOCIAL SCIENCE 9 HRS</p> <p>PICK ONE:</p> <p>HIS 1013 CIV TO 1660 _____</p> <p>HIS 1023 CIV SINCE 1660 _____</p> <p>HIS 1043 CIV SINCE 1660 HR _____</p> <p>PICK ONE:</p> <p>HIS 2053 US TO 1877 _____</p> <p>HIS 2063 US SINCE 1877 _____</p> <p>PSC 1013 AM NAT GOV _____</p> <p>PSC 2193 GLOBAL POLITICS _____</p> <p>PSY 1013 GEN PSYCH** _____</p> <p>(PRE – REQUISITE FOR PSY 2263)</p> <p> *REQUIRES “C” OR BETTER</p>	<p>NATURAL SCIENCE 8 HRS*</p> <p>BIO 1013/1021 INTRO BIO/LAB _____</p> <p>CHM 1034 GEN CHM/LAB _____</p> <p>NON-WESTERN CULTURE 3 HRS</p> <p>ANT/SOC 3043 NTH AM INDIANS _____</p> <p>ANT 4053 WORLD CULTURES _____</p> <p>ART 4103 ART NONWEST WORLD _____</p> <p>BIO 4324 TROPICAL MARINE BIO _____</p> <p>BIO 4044 NEATROPICAL ECOLOGY _____</p> <p>EDU 4543 EXP PER LING CUL DIV _____</p> <p>ENG 3043 NONWEST LIT _____</p> <p>GEN 4083 STUDY ABROAD _____</p> <p>GEO 3073 GEO OF ASIA _____</p> <p>HIS 4253 AFRICAN KINGDOME _____</p> <p>HIS 4273 ISLAM & THE WEST _____</p> <p>HIS 4303 SEX & GENDER AFRICA _____</p> <p>HIS 4343 AFRICA IN AM SOUTH _____</p> <p>HIS 4673 ASIAN CIV _____</p> <p>HIS 4683 MOD MID EAST _____</p> <p>HIS 4693 AFRICAN HIST _____</p> <p>HPR 3973 HIST & PHIL NW LEIS _____</p> <p>MUS 3473 SURV NW MUSIC _____</p> <p>NSG 3643 TRANS-CULT HLTHCAR _____</p> <p>PHI 3023 RELIGIONS OF WORLD _____</p> <p>PHI 4203 ASIAN PHILOSOPHY _____</p> <p>PHY 4293 NW COSMOLOGY _____</p> <p>PSC 4233 COMP POL MID EAST _____</p> <p>PSC 4243 COMP POL AFRICA _____</p> <p>PSC 4253 SOUTH ASIAN POL _____</p> <p>PSY 3043 CROSS CULT PSYCH _____</p> <p>PSY 3053 MULTICULT MENT HLTH _____</p> <p>SOC 4063 WORLD CULT _____</p> <p>THA 3483 THEATRE NW WORLD _____</p> <p>CORE ELECTIVES 3 HRS</p> <p>FRE 1013 FRENCH 1(OR HIGHER) _____</p> <p>GER 1013 GERMAN 1(OR HIGHER) _____</p> <p>HUM 2153 INTRO WM GENDR _____</p> <p>PHI 2013 INTRO PHIL _____</p> <p>PHI 2083 INTRO PHIL HR _____</p> <p>PHI 3113 ETHICS _____</p> <p>PHI 4043 ANCIENT PHIL _____</p> <p>PHI 4053 MODERN PHIL _____</p> <p>SPA 1013 SPANISH 1(OR HIGHER) _____</p> <p>WRITING REQUIREMENT 3 HRS*</p> <p>ENG 3313 UNIV WRITING _____</p> <p>ENG 3613 TECH WRITING _____</p> <p>ENG 4453 ADV COMP _____</p> <p>HIS 3383 WRITING HISTORY _____</p> <p>MMC 4223 MAG & FEAT _____</p> <p>MMC 4293 CREAT NONFICTION _____</p> <p>NSG 3603 HLTHCARE RESEARCH _____</p>	<p><u>STRENGTH & CONDITIONING REQUIRED COURSES</u></p> <p>CORE 45 HRS*</p> <p>HHP 1102 INTRO HEAL & HUM P _____</p> <p>HHP 2052 MEDICAL TERMINOLOGY _____</p> <p>HHP 3003 SPT PSY HLTH HUM PER _____</p> <p>HHP 3064 ASSESS OF UPPER _____</p> <p>HHP 3074 ASSESS OF LOWER _____</p> <p>HHP 3084 THERAPEUTIC MOD _____</p> <p>HHP 3273 GEN MED/PHAR IN _____</p> <p>HHP 4022 APPLIED EXER PHYS _____</p> <p>HHP 4094 REHAB/THER EXERCISE _____</p> <p>HPE 2663 MOTOR DEV&SKL ACQ _____</p> <p>HPE 3224 KINESIOLOGY** _____</p> <p>HPE 4234 EXERCISE PHYS** _____</p> <p>PSY 2023 ABNORMAL PSYCH** _____</p> <p>PSY 2263 DEVELOP PSYCH** _____</p> <p> <u>INTERDISCIPLINARY CORE 30 HRS*</u></p> <p>FCS 2103 NUTRITION** _____</p> <p>CHOOSE ONE:</p> <p>FCS 3383 SPORTS NUTRITION** _____</p> <p>OR</p> <p>FCS 3423 ADV NUTRITION** _____</p> <p>HHP 2043 PREV&TREAT AERI ** _____</p> <p>HPE 2203 ESSEN HUM A & P I** _____</p> <p>HPE 3293 MEASURE&EVAL ** _____</p> <p>HPE 4042 CCH TEAM SPTS K-12** _____</p> <p>HPE 4052 CCH IND SPTS K-12** _____</p> <p>HPE 4073 ADAPT PE _____</p> <p>REC 3033 REC & SPRT FAC DES _____</p> <p>REC 4283 LEGAL ISS/RISK MGM _____</p> <p> *C or better required for required courses and interdisciplinary core</p> <p> **CHECK WITH ADVISOR REGARDING PRE-REQUISITES AND CO-REQUISITES</p> <p> SEE COURSE DESCRIPTIONS FOR ARKANSAS COURSE TRANSFER SYSTEM (ACTS) COURSE NUMBER EQUIVALENCIES.</p> <p> UPDATED 10/30/18 mbt</p>
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Health and Human Performance – Strength and Conditioning Concentration
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
TOTAL HOURS	10	NON – WESTERN CULTURE (SEE LAC REQ)	3
		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 10/30/18 mbt