

# Human Performance

Degree Type  
B.A.

## Objective:

To permit persons to choose areas of study related to health and human performance which will support their vocational and/or professional goals.

## Requirements:

In consultation with the department, the student must select an approved minor or contextual support area. Electives may include one or more internships in the major or minor area.

| Item #  | Title                                     | Semester Hours |
|---------|---|----------------|
|         | Health & Human Performance – Core Courses | 18-21          |
| HHP 261 | Applied Anatomy & Kinesiology             | 3              |
| HHP 335 | Phed for Exceptional Children             | 3              |
| HHP 336 | Leadership in Sports & Society            | 3              |
| HHP 412 | Skills & Tech in Teaching Phed            | 3              |
|         | Ten physical education activity courses   | 5              |

## Additional Requirement:

| Item #   | Title                | Semester Hours |
|----------|----------------------|----------------|
| MATH 121 | College Algebra      | 3              |
|          | <b>Total Credits</b> | <b>38-41</b>   |

## Health & Human Performance — Core Courses

Elective Credits 18-21

| Item #  | Title                                    | Semester Hours |
|---------|--|----------------|
| HHP 211 | Foundations of Health & Safety & Phys Ed | 3              |
| HHP 222 | Recreation, Health & Physical Education  | 3              |
| HHP 223 | Prevention, Care & Safety Education      | 3              |
| HHP 231 | Personal Health                          | 3              |
| HHP 334 | Evaluation in Physical Education         | 3              |
| HHP 470 | Internship I                             | 6              |

## Ten physical education activity courses

Elective Credits 5

The student must take a swimming proficiency test or a class in swimming (154, 156, 158) as one of the ten activity courses.