

HHP | BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE

Program Summary

The program requires a minimum total of 120-hours. Students must meet the general education requirements of the university or the Transfer and Articulation agreement; complete the 25-hour HHP core, 23-25 hours of required cognates, 12-13 HHP elective hours and 12 hours of open electives. University graduation requirements also require 45 hours of upper division credit and a minimum of 60 hours completed at a 4 year institution. Working with an advisor, both requirements can be met through the program.

Code	Title	Hours
General Education		34
Program (Major) Core		
Concentration Core		
Directed Electives		
Open Electives ¹		
Total Hours		34

¹ Open electives are the credit hours required to reach a minimum of 120 total hours and 45 upper-level hours. The number listed assumes all courses are completed at FHSU as listed. This number may vary if students transfer courses, or have individual substitutions allowed.

Students should speak with their advisor if either situation applies to determine if the number will vary, and to ensure they enroll in a minimum of 45 upper-level hours.

Students entering within 1 year of high school graduation will take UNIV 101 Freshman Seminar and may apply that hour in the open elective category.

Program Requirements

General Education

All undergraduate degrees require completion of the Kansas Systemwide General Education (<https://catalog.fhsu.edu/general-education/>).

Courses identified with ^{GE} on this page may satisfy a general education requirement in addition to the identified degree requirement. Students who apply a degree requirement to satisfy a general education requirement will typically add an equal number of hours to the the university elective category. This flexibility may allow you to complete a minor or certificate within the 120 hour degree. Transfer students and students majoring in programs with approved exceptions (<https://www.fhsu.edu/general-education/documents/fhsu-gen-ed-transfer-exceptions-explainer1.pdf>) are especially encouraged to select these courses in completing General Education requirements to maximize the likelihood of completing the degree with 120 credit hours.

Code	Title	Hours
General Education		34-35

Code	Title	Hours
Health and Human Performance Core		
HHP 201	Concepts of Physical Fitness	1
HHP 210	Intro to Health and Human Performance	3
HHP 220	Responding to Emergencies	3
HHP 280	Care and Prevention of Exercise & Sport Injuries	3
HHP 330	Physical Activity for Individuals with Intellectual and Developmental Disabilities	3
HHP 340	Measurement and Evaluation in Health and Human Performance	3
HHP 390	Physiology of Exercise	3
HHP 440	Anatomical Kinesiology	3
HHP 450	Program Organization and Administration	3
Cognates		
HHP 200	Personal Wellness (if not taken as a General Education Course)	3
HHP 473	Undergraduate Culminating Experience	3
Suggested Electives		
HHP 230	Principles of Nutrition	3
HHP 310	Consumer Health	2
HHP 312	Fitness Leadership	2
HHP 314	Issues in Health Education	2
HHP 371	Leisure Administration and Programming	2-3
or HHP 480	Leisure Programming for Older Adults	
HHP 430	Motor Learning	3
or HHP 635	Motor Behavior	
Additional Electives		
Select 15-18 credits of electives approved by advisor		15-18
Total Hours		60-64

Total Hours: 120

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Code	Title	Hours
General Education ¹		
Select 34 credits of General Education		34
Health and Human Performance Core		
HHP 201	Concepts of Physical Fitness	1
HHP 210	Intro to Health and Human Performance	3
HHP 220	Responding to Emergencies	3
HHP 280	Care and Prevention of Exercise & Sport Injuries	3
HHP 330	Physical Activity for Individuals with Intellectual and Developmental Disabilities	3
HHP 340	Measurement and Evaluation in Health and Human Performance	3
HHP 390	Physiology of Exercise	3
HHP 440	Anatomical Kinesiology	3
HHP 450	Program Organization and Administration	3
Cognates		
HHP 200	Personal Wellness (if not taken as a General Education Course)	3
HHP 473	Undergraduate Culminating Experience	3

Suggested Electives		
HHP 230	Principles of Nutrition	3
HHP 310	Consumer Health	2
HHP 312	Fitness Leadership	2
HHP 314	Issues in Health Education	2
HHP 371 or HHP 480	Leisure Administration and Programming Leisure Programming for Older Adults	2-3
HHP 430 or HHP 635	Motor Learning Motor Behavior	3
Additional Electives		
Select 15-18 credits of electives approved by advisor		15-18
Total Hours		94-98

Total Hours: 120

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Code	Title	Hours
General Education ¹		
Select 34 credits of General Education		34
Health and Human Performance Core		
HHP 201	Concepts of Physical Fitness	1
HHP 210	Intro to Health and Human Performance	3
HHP 220	Responding to Emergencies	3
HHP 280	Care and Prevention of Exercise & Sport Injuries	3
HHP 330	Physical Activity for Individuals with Intellectual and Developmental Disabilities	3
HHP 340	Measurement and Evaluation in Health and Human Performance	2
HHP 390	Physiology of Exercise	3
HHP 440	Anatomical Kinesiology	3
HHP 450	Program Organization and Administration	3
Cognates		
HHP 200	Personal Wellness (if not taken as a General Education Course)	3
HHP 473	Undergraduate Culminating Experience	3
Suggested Electives		
HHP 230	Principles of Nutrition	3
HHP 310	Consumer Health	2
HHP 312	Fitness Leadership	2
HHP 314	Issues in Health Education	2
HHP 371 or HHP 480	Leisure Administration and Programming Leisure Programming for Older Adults	2-3
HHP 430 or HHP 635	Motor Learning Motor Behavior	3
Additional Electives		
Select 15-18 credits of electives approved by advisor		15-18
Total Hours		93-97

Total Hours: 120

Degree Requirements

Code	Title	Hours
All bachelor degrees require:		
GPA of 2.0 on FHSU courses & 2.0 on all coursework (Higher program requirements prevail over the 2.0 when set)		
A minimum of 30 hours earned from FHSU with a grade of D, C, B, or A		
Successful completion of an upper division Writing and Information Literacy course (Most majors contain a course designated)		
A minimum of 45 hours of recognized upper division credit		
A minimum of 120 hours of recognized college credit		

Program Contact

For more information, contact the department to see if the Bachelor of Science degree in Health and Human Performance could be right for you.

Degree Maps

Course	Title	Hours
First Year		
Fall		
SGE030 - Math Statistics Discipline Area		3
ENG 101	English Composition I	3
COMM 100	Fundamentals of Oral Communication	3
UNIV 101	Freshman Seminar	1
HHP 210	Intro to Health and Human Performance	3
Directed Electives		3
		Hours
		16
Spring		
HHP 200	Personal Wellness	3
SGE040 - Natural Physical Science Discipline Area		4
ENG 102	English Composition II	3
HHP 220	Responding to Emergencies	3
Directed Electives		3
		Hours
		16
Second Year		
Fall		
SGE060 - Arts Humanities Discipline Area		3
SGE050 - Social Behavioral Sciences Discipline Area		3
SGE070 - Institutionally Designated Area: Personal and Professional Development		3
HHP 280	Care and Prevention of Exercise & Sport Injuries	3
Directed Electives		3
		Hours
		15
Spring		
SGE060 - Arts Humanities Discipline Area		3
SGE050 - Social Behavioral Sciences Discipline Area		3
HHP 330	Physical Activity for Individuals with Intellectual and Developmental Disabilities	3
Directed Electives		3
Directed Electives		3
		Hours
		15
Third Year		
Fall		
HHP 340	Measurement and Evaluation in Health and Human Performance	3
Directed Electives		3
Directed Electives		3
Directed Electives		3

Directed Electives		3
Hours		15
Spring		
HHP 390	Physiology of Exercise	3
Directed Electives		3
Directed Electives		3
Directed Electives		3
Directed Electives		3
Hours		15
Fourth Year		
Fall		
HHP 450	Program Organization and Administration	3
HHP 440	Anatomical Kinesiology	3
Directed Electives		3
Directed Electives		3
Directed Electives		3
Hours		15
Spring		
HHP 465	Internship in Human Performance	3
Directed Electives		3
Directed Electives		3
Directed Electives		3
Directed Electives		1
Hours		13
Total Hours		120

Academic Degree Maps are term-by-term sample course plans that specify milestones, courses, and special requirements that are necessary for facilitating on-time completion. Degree Maps are *examples* and are not prescriptive. Individualized choices such as concentration options, transfer credits, optional minors, advisory programs (certificates), etc. can alter the recommended coursework. Course offerings are subject to change. Students should consult with their academic advisors for additional guidance on course planning.

To determine courses to take in the directed choices (often listed as Program Elective Course) and directed elective course blocks see the overview tab for courses. To locate approved courses in General Education areas (Undergraduate Programs) see the general education section (<https://catalog.fhsu.edu/general-education/>) of the catalog.

The undergraduate course maps typically advise the most efficient route for students to complete the general education requirements. Courses that are required in the major may be listed as fulfilling relevant general education requirements. This will result in more open elective course hours in some maps than is listed on the degree overview page.