

# 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 <sup>1</sup>		
<b>Total Hours</b>		<b>34</b>

<sup>1</sup> 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 <sup>GE</sup> 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
<b>Health and Human Performance Core</b>		
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
<b>Cognates</b>		
HHP 200	Personal Wellness (if not taken as a General Education Course)	3
HHP 473	Undergraduate Culminating Experience	3
<b>Suggested Electives</b>		
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	
<b>Additional Electives</b>		
Select 15-18 credits of electives approved by advisor		15-18
<b>Total Hours</b>		<b>60-64</b>

**Total Hours: 120**

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Code	Title	Hours
<b>General Education <sup>1</sup></b>		
Select 34 credits of General Education		34
<b>Health and Human Performance Core</b>		
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
<b>Cognates</b>		
HHP 200	Personal Wellness (if not taken as a General Education Course)	3
HHP 473	Undergraduate Culminating Experience	3

<b>Suggested Electives</b>		
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
<b>Additional Electives</b>		
Select 15-18 credits of electives approved by advisor		15-18
<b>Total Hours</b>		<b>94-98</b>

**Total Hours: 120**

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<b>Code</b>	<b>Title</b>	<b>Hours</b>
<b>General Education <sup>1</sup></b>		
Select 34 credits of General Education		34
<b>Health and Human Performance Core</b>		
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
<b>Cognates</b>		
HHP 200	Personal Wellness (if not taken as a General Education Course)	3
HHP 473	Undergraduate Culminating Experience	3
<b>Suggested Electives</b>		
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
<b>Additional Electives</b>		
Select 15-18 credits of electives approved by advisor		15-18
<b>Total Hours</b>		<b>93-97</b>

**Total Hours: 120**

## Degree Requirements

<b>Code</b>	<b>Title</b>	<b>Hours</b>
<b>All bachelor degrees require:</b>		
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.