

HHP | BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE (EXERCISE SCIENCE)

Are you interested in working with people to promote well-being through applying solutions to health problems related to physical inactivity? If you are, Exercise Science is the concentration for you. In Exercise Science, you focus on human response and adaptation to exercise by studying the underlying mechanisms that affect exercise and how exercise contributes to individual health.

Program Summary

Your 120-hour degree program of study includes:

- a 34-hour university general education program. The goal of this program and framework of this program is designed to provide maximum transferability and flexibility for students within the Kansas Board of Regents (KBOR) system. For a full listing of current FHSU courses that apply toward the KBOR Systemwide Transfer GE program, please visit our website.
- a 24-hour core of professional courses common to all Health and Human Performance majors
- a 21 hour Sport and Exercise Therapy Concentration Core
- a 20 hour cognate area

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
General Education		
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

Exercise Science Concentration Core		
HHP ____	Aquatics	1
HHP 230	Principles of Nutrition	3
HHP 312	Fitness Leadership	2
HHP 313	Health Promotion and Wellness	3
HHP 442	Mechanical Kinesiology	3
HHP 445	Clinical Exercise Physiology	3
HHP 447	Instrumentation in Exercise Physiology	3
HHP 465	Internship in Human Performance	2-4

Cognate Area		
HHP 332	Life-Span Nutrition	3
HHP 473	Undergraduate Culminating Experience	3
BIOL 345 & 345L	Human Anatomy and Human Anatomy Laboratory	4
or BIOL 230 & 230L	Anatomy and Physiology I and Anatomy and Physiology I Laboratory	
BIOL 346 & 346L	Human Physiology and Human Physiology Laboratory	4
or BIOL 231 & 231L	Anatomy and Physiology II and Anatomy and Physiology II Laboratory	
HHP 612	Physiology of Aging	3
HHP 619	Exercise Testing and Prescription for Older Adults	3

Total Hours **99-101**

Recommended Elective Courses for Consideration

The majority of these courses can be taken as a part of the 34 hour General Education requirement and the remaining selections are considered general electives.

Code	Title	Hours
MATH 110	College Algebra	3
BIOL 180	Principles of Biology	3
BIOL 180L	Principles of Biology Laboratory	1

BIOL 245	Medical Terminology	2
CHEM 120	University Chemistry I	3
CHEM 120L	University Chemistry Laboratory I	2
CHEM 122	University Chemistry II	3
CHEM 122L	University Chemistry Laboratory II	2
MATH 250	Elements of Statistics	3
MATH 331	Calculus Methods	3
PHYS 111	Physics I	4
PHYS 111L	Physics I Laboratory	1
PHYS 112	Physics II	4
PHYS 112L	Physics II Laboratory	1
IDS 350	Diversity in the United States	3
PSY 100	General Psychology	3
PSY 300	Abnormal Psychology	3
SOC 140	Understanding Society: Introductory Sociology	3
IDS 400	Bioethics	3

Degree Requirements

Code	Title	Hours
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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

Degree Maps

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.