

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

The Sport and Exercise Therapy concentration in Health and Human Performance is designed as a guide to assist students in their preparation for entrance application for professional graduate programs in physical therapy, occupational therapy, athletic training, chiropractic, and physician's assistant. Individuals wishing to enter a professional health program should pursue an undergraduate major in the discipline of their choice, but should take whatever additional courses may be necessary as prerequisites for admission to the specific professional school of interest.

Students are encouraged to locate the specific admissions requirement for the school of interest and work with their program advisor to ensure that all admissions requirements are met prior to graduation from Fort Hays State University.

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 24-31 hour Sport and Exercise Therapy Concentration Core, and
- a 10-17 hour cognate area

This program was revised with changes to the program effective fall 2020. All incoming freshman and new transfer students starting fall 2020 will be under the below revised program. All others already in progress will complete the program they started.

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 |

| Sport and Exercise Therapy Concentration Core | | |
|--|---|-------|
| Select 24-31 hours of the following: | | 24-31 |
| HHP 230 | Principles of Nutrition | |
| HHP 312 | Fitness Leadership | |
| HHP 313 | Health Promotion and Wellness | |
| HHP 315 | Nutrition in Athletic Performance | |
| HHP 345 | Introduction to Athletic Training Clinical Practice | |
| HHP 430 | Motor Learning | |
| HHP 442 | Mechanical Kinesiology | |
| HHP 445 | Clinical Exercise Physiology | |
| HHP 447 | Instrumentation in Exercise Physiology | |
| HHP 465 | Internship in Human Performance | |
| HHP 602 | Public Health | |

| Cognate Area | | |
|--|--|-------|
| Select 10-17 credits of the following: | | 10-17 |
| TEEL 231 | Human Growth and Development | |
| BIOL 240 | Microbiology for Allied Health | |
| BIOL 245 | Medical Terminology | |
| BIOL 345 & 345L | Human Anatomy and Human Anatomy Laboratory | |
| or BIOL 230 & 230L | Anatomy and Physiology I and Anatomy and Physiology I Laboratory | |
| BIOL 346 & 346L | Human Physiology and Human Physiology Laboratory | |

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|-----------------------|---|
| or BIOL 231 & 231L | Anatomy and Physiology II and Anatomy and Physiology II Laboratory |
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Total Hours**93-107**

Recommended General Education Courses

These courses are recommended in order to satisfy admission requirements of many professional programs. They 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 |
| 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 |
|------|-------|-------|
|------|-------|-------|

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