

HEALTH AND HUMAN PERFORMANCE MAJOR WITH AN EMPHASIS IN EXERCISE SCIENCE, B.S.

Course	Title	Credits
Total for Graduation ⁴		127-131
General Education ¹		49-53
Major HHP Core + Exercise Science Emphasis Courses ³		68
Additional Science Courses ⁵		10

Grades of "C" or better in all courses required for admission to Exercise Science. Students must have a GPA of 2.75 or higher in Major and Required courses to qualify for internships. Students must have an "initial" and an "exit" physical fitness assessment, four tests each, on file in order to graduate.

Course	Title	Credits
General Requirements ¹		
General Education (http://catalog.uwplatt.edu/undergraduate/degree-requirements/bachelor-of-science-degree-core-curriculum/) ¹		49-53
HHP Required General Education Courses ¹		
Mathematics Competency:		
MATH 1830	Elementary Statistics	
Social Sciences (6 credits in two different disciplines):		
PSYCHLG 1130	General Psychology	
Natural Sciences:		
CHEMSTRY 1140	General Chemistry I	
BIOLOGY 1150	Concepts of Biology	
or BIOLOGY 1650	The Unity of Life	
Additional Natural Sciences, Mathematics, or Social Sciences:		
HHP 3720 ²		
HHP Major Required Core Courses ³		
HHP 2020	First Aid/Accident Prevention/Community CPR	2
HHP 2320	Introduction to Exercise Science, Health Promotion and Physical Education	2
HHP 2720	Anatomical Kinesiology	2
HHP 2740	Exercise Technique and Performance	2
HHP 3010	Technology in Health and Physical Education	2
HHP 3830	Perceptual Motor Learning and Motor Development	2
HHP 3920	Emotional Health	2
HHP 3950	Human Nutrition	3
HHP 4520	Injury Prevention and Treatment	2
Requirements for Exercise Science Emphasis ³		
HHP 2060	Foundations of Wellness	2
HHP 2140	Current Trends in Health and Fitness	3
HHP 3020	Physiology of Exercise	4
HHP 3250	Principles of Strength and Conditioning	3
HHP 3320	Worksite Wellness	3
HHP 3370	Fitness Testing and Prescription	3
HHP 3500	Methods in Teaching Health Education	3
HHP 3630	Introduction to Exercise Science Research	3
HHP 3710	Exercise Prescription for Special Population	3
HHP 4040	Advanced Physiology of Exercise	3
HHP 4310	Private/Corporate Wellness Administration	3
HHP 4410	Seminar in Health Promotion	3
HHP 4500	Sport and Exercise Psychology	2
HHP 4620	Advanced Athletic Training	2

HHP 4830	Exercise Science Research	3
Required Internships ^{3, 4}		
HHP 4850	Level I Wellness-Fitness Internship	3
HHP 4860	Level II Wellness-Fitness Internship	3
Science Courses ⁵		
BIOLOGY 2140	Human Anatomy and Physiology I	5
BIOLOGY 2240	Human Anatomy and Physiology II	5
Total Credits		127-131

- ¹ General Education requirements for a Bachelor of Science degree: HHP 2060 will meet the "Wellness" required and HHP 2740 will meet the "Physical Activity" requirement. Required courses of CHEMISTRY 1140, BIOLOGY 1150 (or BIOLOGY 1650), and HHP 3720² will meet the "Natural Sciences" and the "Additional Natural Sciences, Mathematics, or Social Sciences" requirements. Other required courses include MATH 1830 and PSYCHLGY 1130. All required general education courses must earn a "C-" or better unless otherwise specified.
- ² Must earn a "C" or better in HHP 3720.
- ³ Grade of "C" or better is required for all HHP courses.
- ⁴ Students must have a GPA 2.75 or higher in major and required courses to qualify for the internships. Students must have an "initial" and an "exit" physical fitness assessment, four tests each, on file in order to graduate. 120 credits or above required for all UW-Platteville majors.
- ⁵ Grade of "C-" or better required in the Science Courses.