

# HEALTH AND HUMAN PERFORMANCE MAJOR WITH AN EMPHASIS IN EXERCISE SCIENCE MAJOR, B.S., FOUR-YEAR PLAN

Below is a sample degree plan that can be used as a guide to identify courses required to fulfill the major and other requirements needed for degree completion. The following is only an example and represents a possible course sequence for first-year students entering UW-Platteville in the fall term. The major requirements do not add up to the 120 credits needed for graduation. See your advisor for additional guidance. A student's actual degree plan may differ depending on the course of study selected (emphasis, second major, minor, etc.), placement scores, and incoming credits (transfer, AP, etc.). Students should consult their program advisor(s) to ensure that they have the most accurate and up-to-date information available about a particular four-year degree option.

This sample plan assumes readiness for each course and/or major plan. Some courses may not be offered every term. Courses may not be available at all campuses and/or in all modalities (i.e., in person, online, hybrid, etc.).

Students should use the Academic Advisement Report (AAR) in PASS and work closely with their advisor(s) to ensure completion of all requirements in a timely manner.

	Year 1
<b>First Semester Credits</b>	
ENGLISH 1130	3
BIOLOGY 1150	5
HHP 2720	2
HHP 2320	2
MATH 1830	3
	<b>15</b>

**Total Credits: 15**

	Year 1
<b>Second Semester Credits</b>	
ENGLISH 1230	3
CHEMISTRY 1140	4
HHP 2020	2
HHP 3010	2
HHP 2740	2
SPEECH 1060	3
	<b>16</b>

**Total Credits: 16**

	Year 2
<b>First Semester Credits</b>	
HHP 2060	2
HHP 3950	3
BIOLOGY 2140	5
PSYCHLGY 1130	3
Humanities General Education Course	3
	<b>16</b>

**Total Credits: 16**

	Year 2
<b>Second Semester Credits</b>	
HHP 2140	3
HHP 4520	2
HHP 3920	2
HHP 3320	3

BIOLOGY 2240	5
<b>15</b>	

**Total Credits: 15**

<b>Year 3</b>	
<b>First Semester Credits</b>	
HHP 3020	4
HHP 4500	2
HHP 4620	2
Gender Studies/Ethnic Studies General Education Course	3
HISTORY 2020	3
World Language General Education Course (if not met in hs)	3
<b>14</b>	

**Total Credits: 14**

<b>Year 3</b>	
<b>Second Semester Credits</b>	
HHP 3370	3
HHP 3720	4
HHP 3830	2
HHP 4310	3
Social Science Elective	3
Begin preparing 2 letters of recommendation & HP Interview	3
<b>15</b>	

**Total Credits: 15**

<b>Year 4</b>	
<b>First Semester Credits</b>	
HHP 4850	3
HHP 3500	3
HHP 3710	3
HHP 4040	3
HHP 3630	3
<b>15</b>	

**Total Credits: 15**

<b>Year 4</b>	
<b>Second Semester Credits</b>	
HHP 4860	3
HHP 3250	3
HHP 4410	3
HHP 4830	3
Fine Arts General Education Course	3
Complete Portfolio	3
<b>15</b>	

**Total Credits: 15**

\* Maintain a 2.75 (NASPE required). Follow admission requirements sheet obtained in HHP office.