

HEALTH & HUMAN PERFORMANCE WITH AN EMPHASIS IN EXERCISE SCIENCE WITH STRENGTH AND CONDITIONING, B.S.

Course	Title	Credits
Total for Graduation ⁴		120-124
General Education ¹		49-53
Major HHP + Exercise Science with Strength and Conditioning Emphasis Courses ²		61
Additional Science Courses ⁵		10

Grades of "C" or better in all courses required for admission to Exercise Science with Strength and Conditioning. Students must have a GPA of 2.75 or higher in Major, Required, and Emphasis courses to qualify for internships.

Course	Title	Credits
General Requirements ¹		
General Education (https://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 or BIOLOGY 1650	Concepts of Biology The Unity of Life	
Additional Natural Sciences, Mathematics, or Social Sciences:		
HHP 3720 ²		
HHP Major Required Courses ²		
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 3830	Perceptual Motor Learning and Motor Development	2
HHP 3950	Human Nutrition	3
Requirements for Exercise Science with Strength and Conditioning Emphasis ²		
HHP 2060	Foundations of Wellness	2
HHP 3020	Physiology of Exercise	4
HHP 3250	Principles of Strength and Conditioning	3
HHP 3370	Fitness Testing and Prescription	3
HHP 3630	Introduction to Exercise Science Research	3
HHP 3710	Exercise Prescription for Special Population	3
HHP 4500	Sport and Exercise Psychology	2
HHP 4830	Exercise Science Research	3
Electives for Exercise Science with Strength and Conditioning Emphasis ^{2,3}		
Choose 15 additional HHP credits from the following: ^{2,3}		
HHP 2140	Current Trends in Health and Fitness	
HHP 3010	Technology in Health and Physical Education	
HHP 3320	Worksite Wellness	
HHP 3500	Methods in Teaching Health Education	
HHP 3920	Emotional Health	
HHP 4040	Advanced Physiology of Exercise	

HHP 4310	Private/Corporate Wellness Administration	
HHP 4410	Seminar in Health Promotion	
HHP 4520	Injury Prevention and Treatment	
HHP 4620	Advanced Athletic Training	
Required Internships ^{2, 4}		
HHP 4850	Level I Wellness-Fitness Internship	3
HHP 4860	Level II Wellness-Fitness Internship	3
HHP 4880	Strength and Conditioning Internship	4
Science Courses ⁵		
BIOLOGY 2140	Human Anatomy and Physiology I	5
BIOLOGY 2240	Human Anatomy and Physiology II	5
Total Credits		120-124

¹ General Education requirements for a Bachelor of Science degree: HHP 2060 (<https://catalog.uwplatt.edu/search/?P=HHP%202060>) will meet the "Wellness" required and HHP 2740 (<https://catalog.uwplatt.edu/search/?P=HHP%202740>) will meet the "Physical Activity" requirement. Required courses of CHEMISTRY 1140 (<https://catalog.uwplatt.edu/search/?P=CHEMISTRY%201140>), BIOLOGY 1150 (<https://catalog.uwplatt.edu/search/?P=BIOLOGY%201150>) (or BIOLOGY 1650 (<https://catalog.uwplatt.edu/search/?P=BIOLOGY%201650>)), and HHP 3720 (<https://catalog.uwplatt.edu/search/?P=HHP%203720>)² will meet the "Natural Sciences" and the "Additional Natural Sciences, Mathematics, or Social Sciences" requirements. Other required courses include MATH 1830 (<https://catalog.uwplatt.edu/search/?P=MATH%201830>) and PSYCHLGY 1130 (<https://catalog.uwplatt.edu/search/?P=PSYCHLGY%201130>). All required general education courses must earn a "C-" or better unless otherwise specified.

² Grade of "C" or better is required for all HHP courses.

³ At least 6 elective credits must be numbered 3000 or higher.

⁴ Students must have a GPA of 2.75 or higher in Major, Required, and Emphasis courses to qualify for internships. 120 credits or above required for all UW-Platteville majors.

⁵ Grade of "C-" or better required in the Science Courses.