

# HEALTH AND HUMAN PERFORMANCE MAJOR WITH AN EMPHASIS IN HEALTH PROMOTION-WELLNESS, B.S.

Course	Title	Credits
Total for graduation <sup>3</sup>		128-132
General education <sup>1</sup>		45-49
Major HHP studies <sup>2</sup>		83

Grades of "C" or better in all courses required for admission to health promotion. 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
<b>General Requirements <sup>1</sup></b>		
General Education ( <a href="http://catalog.uwplatt.edu/undergraduate/degree-requirements/bachelor-of-science-degree-core-curriculum/">http://catalog.uwplatt.edu/undergraduate/degree-requirements/bachelor-of-science-degree-core-curriculum/</a> ) <sup>1</sup>		45-49
<b>HHP Required Courses <sup>2</sup></b>		
HHP 2020	First Aid/Accident Prevention/Community CPR	2
HHP 2030	Health Education	2
HHP 2120	Group Fitness	2
HHP 2250	Current Trends in Health Fitness and Health Promotion	2
HHP 2320	Introduction to Exercise Science and Health Promotion	2
HHP 2510	Individual Sports	2
or HHP 3330	Lifetime Activities	
or HHP 3400	Outdoor Activities	
HHP	HHP Elective	2-3
HHP	HHP Elective	2-3
HHP 2720	Anatomical Kinesiology	2
HHP 3010	Technology in Health and Physical Education	2
HHP 3020	Physiology of Exercise	4
HHP 3250	Principles of Strength and Conditioning	3
HHP 3320	Worksite Wellness	3
HHP 3330	Lifetime Activities	2
or HHP 3400	Outdoor Activities	
or HHP 2510	Individual Sports	
HHP 3370	Fitness Testing and Prescription	4
HHP 3500	Methods in Teaching Health Education	3
HHP 3710	Exercise Prescription for Special Population	3
HHP 3720	Biomechanical Kinesiology <sup>2</sup>	4
HHP 3830	Perceptual Motor Learning and Motor Development	2
HHP 3920	Emotional Health	2
HHP 3950	Human Nutrition	3
HHP 4040	Human Physiology	3
HHP 4310	Private/Corporate Wellness Administration	3
HHP 4320	Consumer Health	2
HHP 4410	Seminar in Health Promotion	3
HHP 4520	Injury Prevention and Treatment	2
HHP 4620	Advanced Athletic Training	2
HHP 4830	Exercise Science Research	3
<b>Required Internships <sup>2</sup></b>		
HHP 4850	Level I Wellness-Fitness Internship	3
HHP 4860	Level II Wellness-Fitness Internship	3
HHP 4870	Level III Wellness-Fitness Internship (off campus)	6

**Science Course**<sup>2</sup>

BIOLOGY 2340	Essentials of Anatomy and Physiology
or BIOLOGY 2140	Human Anatomy and Physiology I

**Total Credits**

**128-132**

<sup>1</sup> General Education requirements for a Bachelor of Science degree. The HHP major with an emphasis in Health Promotion-Wellness does not require the "Wellness" (1 cr) or the "Physical Activity" (1 cr) listed. Completion of BIOLOGY 2340, HHP 3020 and HHP 3720 will meet the "Natural Sciences" and the "Additional Natural Science, Mathematics, or Social Science" requirements. Other required courses include MATH 1830 and PSYCHLGY 1130, ENGLISH 1130, ENGLISH 1230 and "Speech" classes which all require a "C-" or better.

<sup>2</sup> Grade of "C" or better required in all HHP courses.

<sup>3</sup> 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.