

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

Course	Title	Credits
Total for Graduation ⁴		125-129
General Education ¹		48-52
Major HHP Core + Health Promotion-Wellness Emphasis Courses ³		77

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
General Requirements ¹		
General Education (http://catalog.uwplatt.edu/undergraduate/degree-requirements/bachelor-of-science-degree-core-curriculum/) ¹		48-52
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:		
BIOLOGY 2340	Essentials of Anatomy and Physiology	
HHP 3020	Physiology of Exercise ²	
Additional Natural Sciences, Mathematics, or Social Sciences:		
HHP 3720	Biomechanical Kinesiology 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 Health Promotion-Wellness Emphasis ³		
HHP 2060	Foundations of Wellness	2
HHP 2140	Current Trends in Health and Fitness	3
HHP 3250	Principles of Strength and Conditioning	3
HHP 3320	Worksite Wellness	3
HHP 3370	Fitness Testing and Prescription	3
HHP 3390	Lifetime and Outdoor Activities	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
HHP 3XXX	HHP Elective 3000-level or above	2-3

HHP 3XXX	HHP Elective 3000-level or above	2-3
Required Internships ^{3, 4}		
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
Total Credits		125-129

- 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 BIOLOGY 2340, HHP 3020² 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 PSYCHLG 1130. All required general education courses must earn a "C-" or better unless otherwise specified.
- ² Must earn a "C" or better in HHP 3020 and HHP 3720.
- ³ Grade of "C" or better required in 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.