

B.S. in Health and Human Performance: Concentration in Applied Exercise Science

\*Sample Four Year Plan

<b>First Year Fall Semester</b>		<b>SCH</b>	<b>First Year Spring Semester</b>		<b>SCH</b>
APSU 1000-Transition to the University		1	ENGL 1020-English Composition II		3
ENGL 1010-English Composition I		3	Hum/Fine Art core		3
COMM 2045-Public Speaking		3	HIST Core		
Hum/Fine Art core		3	Soc/Beh core		3
HHP 1250-Wellness Concepts & Practices		3	BIOL 2010/2011-Human Anatomy & Physiology I w/lab		4
MATH 1530-Elements of Statistics		3			
	<b>TOTAL SCH</b>	16		<b>TOTAL SCH</b>	16
<b>Second Year Fall Semester</b>		<b>SCH</b>	<b>Second Year Spring Semester</b>		<b>SCH</b>
ENGL 2330-Topics in World Literature		3	HHP 3030-Nutrition: Science & Application		3
HIST core		3	HHP 4040-Sports Psychology		3
BIOL 2020/2021-Human Anatomy & Physiology II w/lab		4	HHP 4050-Implementing Health Behavior Changes		3
HHP 2070-Principles of Strength & Conditioning		3	Elective		3
Elective		3	Elective		3
	<b>TOTAL SCH</b>	16		<b>TOTAL SCH</b>	15
<b>Third Year Fall Semester</b>		<b>SCH</b>	<b>Third Year Spring Semester</b>		<b>SCH</b>
HHP 3300-Anatomical Kinesiology		3	HHP 3035-Nutrition for Sport & Exercise		3
HHP 4250-Physiology of Exercise		3	HHP 4220-Analysis of Movement		3
Elective		3	HHP 4350-Fitness Assessment & Exercise Prescription		3
Elective		3	HHP 4700-Research Application in Exercise Science		3
Elective		3	Elective		3
			Elective		3
	<b>TOTAL SCH</b>	15		<b>TOTAL SCH</b>	18
<b>Fourth Year Fall Semester</b>		<b>SCH</b>	<b>Fourth Year Spring Semester</b>		<b>SCH</b>
HHP 4989-Pre-Internship & Career Seminar		1	HHP 440I-Internship in HHP		12
Elective		3			
Elective		3			
Elective		3			
Elective		3			
	<b>TOTAL SCH</b>	13		<b>TOTAL SCH</b>	12