

HUMAN PERFORMANCE - SPORTS, WELLNESS, AND RECREATION EMPHASIS (BS)

³ Proficiency Requirement: First Aid Proficiency, Cardiopulmonary Resuscitation Proficiency, and Automatic External Defibrillation Proficiency

insert plan of study

The Sport, Wellness, and Recreation Emphasis of the Human Performance Major is designed for students interested in careers in the fields of Coaching, Health Promotion, Sport Management, and Recreation. A minor is required for this emphasis and students will be encouraged to declare one of the following minors: Coaching, Health Promotion, and Sport and Recreation Management.

Code	Title	Units
Major Requirements ^{1, 2, 3}		
PEPROF 209	HUMAN PERFORMANCE CAREER EXPLORATION AND INTERNSHIP PREPARATION	1
PEPROF 201	STRUCTURE AND FUNCTION OF THE HUMAN BODY I	4
PEPROF 202	STRUCTURE AND FUNCTION OF THE HUMAN BODY II	3
PEPROF 270	MOTOR BEHAVIOR	3
PEPROF 282	NUTRITION FOR HEALTH	3
PEPROF 311	EXERCISE PSYCHOLOGY	3
HEALTHED 360	CURRENT TOPICS IN HEALTH AND WELLNESS	3
PEPROF 361	INCLUSIVE PHYSICAL ACTIVITY AND RECREATION	3
HEALTHED 362	STRESS MANAGEMENT	3
PEPROF 391	HEALTH BEHAVIOR DEVELOPMENT & SOCIETY	3
PEPROF 416	EXERCISE PRESCRIPTION AND FUEL UTILIZATION	3
PEPROF 481	CAPSTONE: RESEARCH IN THE PERFORMANCE SCIENCES	3
PEPROF 493	INTERNSHIP - HUMAN PERFORMANCE	6
Select 6 credits from the following courses:		6
PUBHLTH 101	INTRODUCTION TO PUBLIC HEALTH	
PUBHLTH/ BIOLOGY 220	INTRODUCTION TO EPIDEMIOLOGY	
PUBHLTH 350	TOPICS IN GLOBAL HEALTH	
SAFETY 201	PERSONAL AND PUBLIC SAFETY	
SAFETY 255	DRUGS IN SOCIETY	
SOCIOLGY 302	CULTURE, MEDICINE AND HEALTH	
SOCIOLGY 310	SOCIOLOGY OF HEALTH AND ILLNESS	
PSYCH 330	LIFESPAN DEVELOPMENT	
or EDFOUND 230	INTRODUCTION TO HUMAN DEVELOPMENT	
COMM 363	HEALTH COMMUNICATION FOUNDATIONS	
Total Units		47

¹ An approved minor is required for this major.

² Minimum 2.25 GPA in courses in the major and minor required for graduation.