

# SAMPLE Four Year Plan | Bachelor of Science - Human Performance

The curriculum in the College of Education and Professional Studies is structured so that students move through classes in a prescribed order. Prerequisites are important and are strongly enforced. The four year plan illustrates the type of curriculum a new freshman could take to complete a degree in four years; it is not an official document. Refer to Academic Advising Report for full requirements.

## First Year

### Fall

ENGLISH 101 - College Writing and Reading	3	
MATH 142 - Intermediate Algebra	4	
CORE 110 -World of the Arts	3	
General Education Elective	3	
GENED U.S. Racial/Ethnic Diversity Elective	3	
INTRAUNV 104- New Student Seminar	1	

Total 17

### Spring

ENGLISH 102 - College Writing, Reading, and Research	3	
PEGNRL 192 - Personal Health and Fitness	1	
PEPROF 209 - Internship and Career Preparation	1	
*BIOLOGY 120 - Biological Foundations	4	
STAT 230 - Introduction to Statistical Reasoning	3	
COMM 110 - Intro to Human Communication	3	

Total 15

First Year Advising Notes: \*If you are interested in graduate school for Physical Therapy or Occupational Therapy, we suggest taking Bio 141 instead of Bio 120

Goals: Talk to your academic advisor about your interests and goals and begin to understand career options for your major. Explore student groups and organizations and join one that feels right for you. These groups offer a great way to learn more about the major and begin networking. Explore on-campus resources such as undergraduate research opportunities, the Mary Poppe Chrisman Success Center, and the Center for Global Education.

After your first year: Become comfortable in understanding and reading your Academic Advising Report.

## Second Year

### Fall

Minor Course	3	
PEPROF 270 - Motor Control and Performance	3	
CORE 120 or 140- Historical or Global Perspectives	3	
PEPROF 201 - Structure and Function of the Human Body I	4	
PEPROF 282 - Nutrition for Health	3	

Total 16

### Spring

GENED lab or non-lab science	3	
GENED elective	3	
B.S. Degree Requirement course	3	
Minor course	3	
PEPROF 202 Structure & Function of the Human Body II	3	
CORE 130 - Individual and Society	3	

Total 18

Second Year Advising Notes: This is the time in which you should be choosing a minor to go along with your major. Common choices are Athletic Coaching, Health Promotion, Recreation & Leisure Studies, and Strength & Conditioning. Please work with your assigned advisor to find a good fit for you and your professional goals.

Goals: Explore leadership positions within student organizations and participate in the Hawk Career Fair. If you are considering studying abroad, research program options and talk to your advisor about how it will fit in your plan. The Center for Global Education will be a great resource for both Study Abroad and Travel Study options.

After your second year: Understand your program plan and graduation requirements.

## Third Year

Fall

CORE 390 - World of Ideas	3	
PEPROF 415 - Health Appraisal and Exercise Testing	3	
PEPROF 416 Exercise Prescription & Fuel Utilization	3	
Minor Course	3	
PEPROF 311 - Exercise Psychology	3	

Total 15

Spring

PEPROF 471 - Physiology of Exercise	3	
PEPROF 302 - Biomechanics	3	
PEPROF 361 - Adaptive / Special Populations	3	
B.S. Degree Requirement course	3	
Minor course	3	

Total 15

Third Year Advising Notes: Work with you Academic Advisor to start looking at internship opportunities for your senior year.

Goals: Research specific career options. Attend the Hawk Career Fair as well as networking events and employer information meetings. Pursue a leadership position within a student organization or volunteer group. Get to know your professors, especially in your major.

After your third year: Work with your faculty advisor to make sure you're on track to graduate. Continue to seek major-related employment.

## Fourth Year

Fall

GENED elective	3	
PEPROF 481 - Capstone: Research & Evaluation	3	
PEPROF 391 - Health Behavior Development	3	
Minor course	3	
Minor course	3	

Total 15

Spring

PEPROF 493 - Human Performance Internship	6-12	
Minor courses	0-6	

Total 12

Fourth Year Advising Notes: Apply for graduation online through the Registrar's Office one full semester before you anticipate graduating. Complete all required testing.

Goals: Work with the Career Service Office to perfect your resume and cover letter. Attend networking events, career fairs, and employer information meetings. Read professional journals and consider a student membership in a professional organization.

Students must begin their Math and English sequences with the appropriate course. The English course a student starts with will be determined by their ACT English or SAT Verbal score. The Math course a student starts with will be determined by their UW System math placement score.

The Human Performance major at UW-Whitewater provides students preparation for rewarding careers in fields based on kinesiology and performance sciences. Graduates will be equipped to pursue opportunities in exercise science, cardiac rehabilitation, exercise physiology, fitness/strength training, health coaching, and graduate studies in exercise science, athletic training and administration, and physical therapy.