

B.S. Human Performance 4-Year Coursework Plan

Fall	Units	Spring	Units
Year 1			
ENGLISH 101 – Freshman English	3	English 102 – Freshman English	3
MATH 142 – College Algebra	4	PEGNRL 192 Pers Health & Fitness	1
CORE (select one- CORE 110 or 130)	3	PEPROF 209 HP Internship and Career Preparation	1
GENED elective	3	BIOLOGY 120 – Biological Foundations (GL)	4
GENED U.S. Racial/Ethnic Diversity Elective	3	MATH 230 Intro to Statistical Reasoning	3
Intraunv 104- New Student Seminar	1	COMM 110 – Intro to Human Communication	3
Semester total	17	Semester total	15
Year 2			
Minor course	3	GENED lab or non-lab science	3
Minor course	3	GENED elective	3
CORE (Select one 110, 130, 120 or 140)	3	PEPROF 270 Motor Control and Performance	3
PEPROF 201 Structure & Function of the Human Body I	4	PEPROF 311 Exercise Psychology	3
PEPROF 282 Nutrition for Health	3	PEPROF 202 Structure & Function of the Human Body II	3
		CORE (Select one 110, 130, 120 or 140)	3
Semester total	16	Semester total	18
Year 3			
CORE 390 World of Ideas	3	PEPROF 471 Physiology of Exercise	3
PEPROF 415 Health Appraisal and Exercise Testing	3	PEPROF 302 Biomechanics	3
PEPROF 416 Exercise Prescription & Fuel Utilization	3	PEPROF 361 Adaptive / Special Populations	3
B.S. Degree Requirement course	3	B.S. Degree Requirement course	3
Minor course	3	Minor course	3
Semester total	15	Semester total	15
Year 4			
GENED elective	3	PEPROF 493 HP Internship	6-12
PEPROF 481 Capstone: Research & Evaluation	3	Minor courses	0-6
PEPROF 391 Health Behavior Development	3		
Minor course	3		
Minor course	3		
Semester total	15	Semester total	12