



Bachelor of Science in Health and Human Performance

Human Performance Concentration

Advising Worksheet – See also Course Catalog

A minimum of 52 semester hours* in HHP courses, including:

Course Number	Course Title	Semester Completed	Grade	Credits
HHP 101	Introduction to Health and Human Performance			
HHP 161	Foundations of Human Structure and Function*			
HHP 171	Nutrition			
HHP 210	Health and Wellness Theories and Applications			
HHP 221	Clinical Kinesiology			
HHP 223	Prevention and Care of Athletic Injuries			
HHP 316	Motor Development and Learning			
HHP 321	Biomechanics			
HHP 330	Psychology of Sport and Exercise			
HHP 357	Physiology of Exercise			
HHP 437	Exercise Testing & Prescription			
HHP 442	Research Methods in Health and Human Performance			
HHP 450	Internship (5 credits)			
HHP 471	Sports Nutrition			
HHP 490	Senior Seminar			
Choose one of the following:				
HHP 477	Advanced Theories of Strength Training and Conditioning			
HHP 478	Therapeutic Exercise and Advanced Functional Training			
Additional Program Requirement:				
HHP 122 or First Aid/CPR Certification** required before submission of graduation application				

* May substitute BIO 321 Anatomy and Physiology for HHP 161 Foundations of Human Structure and Function

**First Aid/CPR certification is required before graduation. Submit to your Human Performance Advisor prior to applying for graduation.

Additional graduation requirements for a bachelor's degree:

120 semester hours completed: _____

No more than 64 semester hours counted from two-year colleges: _____

Completion of core curriculum requirements: _____

39 upper division credits (including 12 in a major, 6 in a minor if one is chosen, 20 at RMC): _____

Minimum of 30 hours from RMC (including 24 of the last 30 hours): _____

2.00 cumulative GPA: _____ (3.00 for education majors)

2.25 cumulative GPA for courses taken for the major: _____ (3.00 for education majors)

Application for graduation submitted (see academic calendar for due dates): _____

Note: This worksheet is only a tool to help in the advising process. Please refer to the course catalog to verify additional degree requirements. Students should meet with their advisor regularly and keep track of progress toward their degree.