Health & Human Performance Emphasis

The Health & Human Performance emphasis offers Kinesiology undergraduate students the opportunity to construct a course of study that will serve various career goals. Students in the health and human performance track are required to complete the following course work:

Biology 13/14  Human Anatomy for Kinesiology Majors with Lab*
Biology 25/26  Human Physiology with Lab*
*Chem 2/3 and Bio 10/11 are Pre-Requisites for both Bio 25/26 and Bio 13/14
Kinesiology 10  Introduction to Kinesiology
Kinesiology 15  Measurement and Evaluation in Kinesiology
Kinesiology 110/110L Exercise Physiology with Lab

Students must select ONE of the following courses:

Kinesiology 106  Women in Sport
Kinesiology 111  History of Health, Sport & Exercise
Kinesiology 112  Sport & Exercise Psychology
Kinesiology 114  Sociology of Sport and Physical Activity

In consultation with a Kinesiology Department advisor, select a minimum of SEVEN additional upper division courses. FOUR of these courses must be in the Kinesiology Department. Other courses may be selected from related programs with the department’s approval. Students may select two additional lower division courses and two additional upper division courses to be included in their major. The following are examples of typical courses selected by HHP students:

Kinesiology 102  Structural Biomechanics
Kinesiology 107  Nutrition for Sport & Physical Activity
Kinesiology 109  Care and Prevention of Athletic Injuries
Kinesiology 115  Fitness Testing and Exercise Prescription
Kinesiology 117  Human Motor Performance
Kinesiology 118  Issues in Community Health
Kinesiology 122  Principles of Strength & Conditioning
Kinesiology 127  Health Promotion: Planning and Evaluation
Kinesiology 195  Internship
Kinesiology 197  Independent Study

The following are some of the departments who offer courses that have been utilized in the Health and Human Performance program:

- Psychology
- Biology
- Chemistry
- Anthropology
- Communication
- Economics

*All students must complete 36.00 course credits; 17 of which must be upper division course credits.
*All general education course requirements, major and minor (if applicable) requirements must be completed.
*All students must have a cumulative and major grade point average of at least 2.00.