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 7 additional upper division courses. 4 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 a selection of typical Kinesiology 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 119**: Therapeutic Exercise & Physical Therapy Modalities
- **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.