



**Bachelor of Science in Health and Human Performance  
Human Performance Concentration  
Advising Worksheet – See also Course Catalog**

**A minimum of 51 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 347	Psychology of Physical Activity and Exercise			
HHP 357	Physiology of Exercise			
HHP 437	Exercise Testing & Prescription			
HHP 442	Measurement & Evaluation in Health Sciences			
HHP 450	Internship (5 credits)			
HHP 471	Sports Nutrition			
HHP 490	Senior Seminar			
<b>Choose one of the following:</b>				
HHP 324	Sport Performance, Nutrition and Recovery			
HHP 477	Advanced Theories of Strength Training and Conditioning			
HHP 478	Therapeutic Exercise and Advanced Functional Training			
<b>Additional Program Requirement:</b>				
First Aid/CPR Certification required before 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.**