



**Bachelor of Science in Health and Human Performance:  
Health Sciences 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 171	Nutrition			
HHP 221	Clinical Kinesiology			
HHP 223	Prevention and Care of Athletic Injuries			
HHP 316	Motor Development and Learning			
HHP 321	Biomechanics			
HHP 357	Physiology of Exercise			
HHP 442	Measurement & Evaluation in Health Sciences			
HHP 450	Internship (5 credits)			
HHP 478	Therapeutic Exercise and Advanced Functional Training			
HHP 490	Senior Seminar			
PHA 247	Medical Terminology			
BIO 120	Principles of Biology			
CHM 101	General Chemistry 1			
CHM 102	General Chemistry 2			
BIO 321	Human Anatomy and Physiology 1			
BIO 322	Human Anatomy and Physiology 2			
PSY 101	General Psychology			
SOC 101/225	Introduction to Sociology/Sociology of Public Health			
MAT 210	Probability & Statistics			
<b>Highly Recommended Courses:</b>				
HHP 437	Exercise Testing & Prescription			
HHP 471	Sports Nutrition			
PHS 101	Fundamental Physics 1			
PHS 102	Fundamental Physics 2			
BIO 203	Genetics			
BIO 350	Microbiology			
PSY 205	Human Development 1			
PSY 206	Human Development 2			
PSY 305	Abnormal Psychology			
CHM 220	Organic Chemistry			
CHM 452	Biochemistry			
CHM 251	Organic Chemistry 1			
CHM 252	Organic Chemistry 2			
IDS 160	Careers in Health Sciences			
IDS 260	Investigating Careers in Health Sciences			
IDS 360	Preparing for a Health Science Career			

**\*Additional program requirement:**

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 cumulative GPA for courses taken for the major: \_\_\_\_\_

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.**

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