



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

A minimum of 65 semester hours* in HHP courses, including:

Course Number	Course Title	Semester Completed	Grade	Credits
HHP 101	Introduction to Health and Human Performance (1)			
HHP 171	Nutrition (3)			
HHP 221	Clinical Kinesiology (4)			
HHP 223	Prevention and Care of Athletic Injuries (4)			
HHP 316	Motor Development and Learning (4)			
HHP 321	Biomechanics (4)			
HHP 357	Physiology of Exercise (4)			
HHP 442	Measurement & Evaluation in Health Sciences (3)			
HHP 450	Internship (2)			
HHP 478	Therapeutic Exercise and Advanced Functional Training (3)			
HHP 490	Senior Seminar (2)			
PHA 247	Medical Terminology (2)			
BIO 120	Principles of Biology (4)			
BIO 321	Human Anatomy and Physiology I (4)			
BIO 322	Human Anatomy and Physiology II (4)			
CHM 101	General Chemistry I (4)			
CHM 102	General Chemistry II (4)			
MAT 210	Probability & Statistics (3)			
PSY 101	General Psychology (3)			
SOC 101 or SOC 225	Introduction to Sociology or Sociology of Public Health (3)			
Additional Program Requirement:				
HHP 122 First Aid/CPR/Safety Education (2) or First Aid/CPR Certification required before graduation				
Highly Recommended Courses:				
BIO 203	Genetics (4)			
BIO 350	Microbiology (4)			
CHM 220	Fundamental Organic Chemistry (4)			
CHM 251	Organic Chemistry I (4)			
CHM 252	Organic Chemistry II (4)			
CHM 452	Biochemistry (5)			

HHP 437	Exercise Testing & Prescription (3)			
HHP 471	Sports Nutrition (3)			
IDS 160	Careers in Health Sciences (1)			
IDS 260	Investigating Careers in Health Sciences (1)			
IDS 360	Preparing for a Health Sciences Career (1)			
MAT 110	Precalculus (3)			
PHS 101	Fundamental Physics I (4)			
PHS 102	Fundamental Physics II (4)			
PSY 205	Human Development I (3)			
PSY 206	Human Development II (3)			

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)

3.00 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.

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