

B.S. Ed. Degree in Health and Human Performance

Health Promotion and Lifestyle Management Concentration (HPRO)

Name:

SID#:

Advisor:

Semester/Year Admitted:

I. General Education Requirements (41 hours)

Grade Semester/Yr

A. Communication (9 hours)

ENGL 1010 (3) (minimum grade of C- required)

ENGL 1020 (3) (minimum grade of C- required)

COMM 2381 (3)

B. Mathematics (3 hours)

MATH 1410 (3); MATH 1420 (3); MATH 1530 (3); MATH 1710 (3); MATH 1730 (3);

MATH 1830 (3); MATH 1910 (4); MATH 2000 (3)

C. Literature (3 hours) (select one)

ENGL 2201 (3) or ENGL 2202 (3)

D. Humanities (6 hours) (select any two)

ART 1030 (3); CLAS 2481 (3); COMM 1851 (3); DANC 1151 (3); HIST 1110 (3);

HIST 1120(3); MUS 1030(3); MUS 1040 (3); PHIL 1101 (3); PHIL 1102 (3); POLS 1101(3);

POLS 1102 (3); THEA 1030 (3); JDST 2850 (3); UNIV 3580 (3); UNIV 3581

E. American History (6 hours) (select any two) ***Recommended by Dept.**

***ANTH 3282 (3); *HIST 2010 (3); HIST 2020 (3); HIST 2030 (3); HIST 3863 (3);**

HIST 4851 (3); HIST 3881 (3); POLS 4212 (3); POLS 4405 (3); SOCI 3422 (3)

F. Social and Behavioral Science (6 hours) (select any two) **** Required by Dept. *Recommended by Dept.**

ANTH 1100 (3); ANTH 1200 (3); ECON 2110 (3); ECON 2120 (3);

ESCI 1301 (3); ESCI 1401 (3); POLS 1100 (3); POLS 1301 (3);

POLS 1501 (3); ****PSYC 1200 (3);** PSYC 3510 (3); SOCI 1111 (3); ***SOCI 2100 (3);**

SOCI/CSED 2101 (3); UNIV 2304 (3)

G. Natural Science 8 hours (sequence required*) 4 hour lecture/laboratory - Prereqs maybe required, see bulletin.

BIOL 1010/1011 & BIOL 1020/1021 (8); BIOL 1110/1111 & 1120/1121 (8);

CHEM 1010/1011 & 1020/1021 (8); CHEM 1110/1111 & 1120/1121 (8);

PHYS 1010/1001 & 1020/1002 (8); PHYS 2110/2111 & 2120/2121 (8)

*Department requirement

NOTES:

Department of Health and Sport Sciences: The University of Memphis

B.S.Ed. Degree in Health and Human Performance

Health Promotion & Lifestyle Management Concentration (HPRO)

I. University General Education Requirement: 41 hours

II. Major Requirements (17 hours) Grade Semester /Year

| | | | |
|------|------|---|---|
| BIOL | 2010 | 3 | Anatomy and Physiology I (Fall Only) |
| BIOL | 2011 | 1 | Anatomy and Physiology I Lab (Fall Only) |
| BIOL | 2020 | 3 | Anatomy and Physiology II (Spring Only) |
| BIOL | 2021 | 1 | Anatomy and Physiology II Lab (Spring Only) |
| HPRO | 4605 | 6 | Internship in HPRO |
| HMSE | 4999 | 3 | Senior Project [I] (Senior Test Required) |

Requirements to begin taking HPRO concentration courses: 8 credit hours of A & P (minimum grade of C-)

III. Health Promotion & Lifestyle Management Concentration (47 hours) Grade Semester/Year

| | | | |
|------|------|---|---|
| ACCT | 2010 | 3 | Fundamentals of Accounting |
| HPRO | 2100 | 3 | Wellness Concepts and Practices |
| NUTR | 2202 | 3 | Nutrition |
| EXSS | 2010 | 2 | Resistance Training Applications |
| EXSS | 2020 | 2 | Aerobic Training Applications |
| HPRO | 2200 | 3 | Intro. To Public Health & Health Promotion (Sp) |
| HPRO | 3505 | 3 | Principles of Health Fitness Instruction (Fall) |
| HPRO | 3506 | 1 | HFI Practicum (taken with 3505) (Fall) |
| HPRO | 3522 | 3 | Needs Assessment & Program Eval. in HPRO (F) |
| HPRO | 3606 | 3 | Leadership & Communication in HPRO (Sp) |
| EXSS | 3700 | 3 | Exercise Physiology (Sp) |
| HPRO | 3716 | 3 | Marketing & Entrepreneurship in HPRO (Sp) |
| HPRO | 3800 | 3 | Strategic Planning and Program Development (F) |
| HPRO | 4500 | 3 | Project Management in HPRO (F) |
| HPRO | 4510 | 3 | Global & International Health (F) |
| HPRO | 4520 | 3 | Health & Lifestyle Counseling (F) |
| EDPR | 4541 | 3 | Fundamentals of Applied Statistical Research (Sp) |

IV. Guided Electives (15 hours) (Will be selected in consultation with Adviser)

EXSS 3703; EXSS 3852; EXSS 4000/6000; EXSS 4015; NUTR 2362; NUTR 3002; NUTR 3202; NUTR 4601/6601; COUN 4621; COUN 4901; EDPR 3302; EDPR 2111; PADM 4207/6207; PADM 4226; PADM 4227/6227; PADM 4412/6412; PSYC 3507; PSYC 3508; PSYC 3000; COMM 3322; COMM 3321; COMM 4011/6011; JOUR 2121, JOUR 3400; JOUR 3300

File Intent to Graduate, see adviser for deadline dates.

HPRO program = 120 hours Grade of C- or better required for each course.

Internship and Senior Project to be completed the final semester, all other coursework must be complete with a C- or better.