

Major*

*Students are encouraged to declare their major and seek advising from an HPSL professor as early as possible. Many courses require pre-requisites (see MSCD catalog @ www.mscd.edu) and several are offered only once per academic year. Your advisor will assist you with planning your schedule to ensure that courses can be finished in the most expedient manner.

Professional Activity Courses		Credits
HSL 1020	Skills and Methods of Weight Training	2
HSL 1440 or HPS 290C	Stress Management (HSL 1440) OR Personal Training Concepts and Applications (HPS 290C)	2
	Subtotal	4

Basic Theory Courses		Credits
HPS 1640	Physical Fitness Techniques and Programs	2
HPS 1623	Prevention and Care of Athletic Injuries	3
HPS 3300	Anatomical Kinesiology	3
HPS 3340	Physiology of Exercise	3
HPS 3780	Fitness Programs for Special Populations	2
HPS 4200	Community Fitness Testing and Program Planning	3
HPS 4660	Legal Liability for Physical Educators, Coaches and Administrators	3
HPS 4680	Advanced Exercise Assessment Techniques	3
HPS 4840	Comparative Fitness Programs	2
HPS 4880	Internship for Adult Fitness	10
LES 3070	Health and Movement Problems in the Aging Adult	3
NUT 2040	Introduction to Nutrition	3
PSY 2410	Social Psychology	3
	Subtotal	43
	Total	47

Note: Students must have a 2.75 GPA to be eligible for an internship.

It is recommended that students take HPS 2060, Emergency Rescuer/First Responder and CPR, or verify equivalent certification.

Suggested Course Sequence

(not mandatory! Simply an example of an 8 semester program)

Fall	Spring	Fall	Spring
ENG 1010 MTH 1110 HPS 1640 BIO 1080/90 HPS 2060 -----	ENG 1020 HPS 2060 BIO 2310 NUT 2040 HSL 1020 -----	BIO 2320 HPS 1440 HES 1050 PHI 1010 HPS 1623 -----	ANT 2330 CHS 1010 HPS 3300 SPE 1010 MINOR -----
15 Credit Hour	15 Credit Hour	15 Credit Hour	15 Credit Hour
Fall	Spring	Fall	Spring
HPS 3340 HPS 4660 PSY 2410 HPS 4840 HPS 3780 MINOR -----	ART 1040 HPS 4680 LES 3070 HPS 4200* MINOR MINOR -----	HSP 4880* ELECTIVE -----	MINOR MINOR MINOR ELECTIVE ELECTIVE -----
16 Credit Hour	16 Credit Hour	13 Credit Hour	15 Credit Hour

NOTES: Students should take HPS 2060 (Emergency Rescue/First Responder and CPR) or verify equivalent certification. *At this time, HPS 4200 is only offered in the Summer term. Students have the option to take HPS 4880 (internship) in the summer term.

Minor

Adult Fitness and Exercise Science Concentration

Basic Theory Courses		Credits
HPS 3780	Fitness Programs for Special Populations	2
HPS 3990	Field Experience in Human Performance and Sport	1-3
HPS 4680	Advanced Exercise Assessment Techniques	3
HPS 4840	Comparative Fitness Programs	2
LES 3070	Health and Movement Problems in the Aging Adult	3
NUT 2040	Introduction to Nutrition	3
PSY 2410	Social Psychology	3
HPS Electives	(selection based on exercise science needs)	3
	Total	20-22