

# Health and Human Performance Degree, Strength and Conditioning Concentration

## BS Catalog Year: 2016-2017

Name: \_\_\_\_\_

Student ID: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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| <p><b><u>LIBERAL ARTS CORE 45 HRS</u></b></p> <p><b>ENGLISH 6 HRS *</b></p> <p>ENG 1463 ENGLISH A _____</p> <p>ENG 1473 ENGLISH B _____</p> <p>ENG 1803 ENGLISH HR _____</p> <p><b>COMMUNICATION 3 HRS</b></p> <p>COM 2013 ORAL COMM _____</p> <p><b>HENDERSON SEMINAR 1 HR</b></p> <p>GEN 1031 HENDERSON SEM _____</p> <p><b>PHYSICAL WELL – BEING 1 HR</b></p> <p>HPR 1011 LIFE FIT CONCP T _____</p> <p>OR</p> <p>HPR 1 HR ACTIVITY CR _____</p> <p>MSC 1011 OR MSC 1021 OR ONE YEAR OR MORE OF ACTIVE DUTY MILITARY SERVICE WILL SATISFY THIS REQUIREMENT.</p> <p><b>MATHEMATICS 3 HRS*</b></p> <p>MTH 1033 MTH LIB ARTS _____</p> <p>MTH 1243 COLL ALG _____</p> <p>MTH 1253 PLN TRIG _____</p> <p>MTH 1273 PRE CALC _____</p> <p><b>FINE ARTS &amp; HUMANITIES 6 HRS</b></p> <p>PICK ONE:</p> <p>ENG 2013 WORLD LIT I _____</p> <p>ENG 2023 WORLD LIT II _____</p> <p>ENG 2683 MAST WEST LIT _____</p> <p>ENG 2793 MAST WEST LIT HR _____</p> <p>PICK ONE:</p> <p>ART 2033 HUM ART _____</p> <p>ART 2603 HUM STUD ART _____</p> <p>HUM 2093 FINE ARTS HR _____</p> <p>MUS 2033 HUM MUSIC _____</p> <p>THA 2033 HUM THEATRE _____</p> <p><b>SOCIAL SCIENCE 9 HRS</b></p> <p>PICK ONE:</p> <p>HIS 1013 CIV TO 1660 _____</p> <p>HIS 1023 CIV SINCE 1660 _____</p> <p>HIS 1043 CIV SINCE 1660 HR _____</p> <p>PICK ONE:</p> <p>HIS 2053 US TO 1877 _____</p> <p>HIS 2063 US SINCE 1877 _____</p> <p>PSC 1013 AM NAT GOV _____</p> <p>PSY 1013 GEN PSYCH** _____</p> <p>(PRE – REQUISITE FOR PSY 2263)</p> <p style="text-align: center; margin-top: 20px;">*REQUIRES "C" OR BETTER</p> | <p><b><u>NATURAL SCIENCE 8 HRS*</u></b></p> <p>BIO 1013/1021 INTRO BIO/LAB _____</p> <p>CHM 1034 GEN CHM/LAB _____</p> <p><b>NON-WESTERN CULTURE 3 HRS</b></p> <p>ANT 3043 NORTH AM INDIANS _____</p> <p>ANT 4053 WORLD CULTURES _____</p> <p>ART 4103 ART NONWEST WORLD _____</p> <p>BIO 4044 NEOTROPICAL ECOLOGY _____</p> <p>EDU 4543 TEACH PEOP OTH CULT _____</p> <p>ENG 3043 NONWEST LIT _____</p> <p>GEN 4083 STUDY ABROAD _____</p> <p>GEO 3173 GEO PACIFIC _____</p> <p>HIS 4673 ASIAN CIV _____</p> <p>HIS 4683 MOD MID EAST _____</p> <p>HIS 4693 AFRICAN HIST _____</p> <p>HPR 3973 HIST &amp; PHIL NW LEIS _____</p> <p>MUS 3473 SURV NW MUSIC _____</p> <p>NSG 3643 TRANS-CULT HLTHCAR _____</p> <p>PHI 3023 RELIGIONS OF WORLD _____</p> <p>PHY 4293 NW COSMOLOGY _____</p> <p>PSC 4233 COMP POL MID EAST _____</p> <p>PSC 4243 COMP POL AFRICA _____</p> <p>PSC 4253 SOUTH ASIAN POL _____</p> <p>PSY 3043 CROSS CULT PSYCH _____</p> <p>PSY 3053 MULTICULT MENT HLTH _____</p> <p>SOC 4063 WORLD CULT _____</p> <p>THA 3483 THEATRE NW WORLD _____</p> <p><b>CORE ELECTIVES 3 HRS</b></p> <p>FRE 1013 FRENCH 1(OR HIGHER) _____</p> <p>GER 1013 GERMAN 1(OR HIGHER) _____</p> <p>HUM 2153 INTRO WM GENDR _____</p> <p>PHI 2013 INTRO PHIL _____</p> <p>PHI 2083 INTRO PHIL HR _____</p> <p>PHI 3113 ETHICS _____</p> <p>PHI 4043 ANCIENT PHIL _____</p> <p>PHI 4053 MODERN PHIL _____</p> <p>SPA 1013 SPANISH 1(OR HIGHER) _____</p> <p><b>WRITING REQUIREMENT 3 HRS*</b></p> <p>ENG 3313 UNIV WRITING _____</p> <p>ENG 3613 TECH WRITING _____</p> <p>ENG 4453 ADV COMP _____</p> <p>MMC 4223 MAG &amp; FEAT _____</p> <p>MMC 4293 CREAT NONFICTION _____</p> <p>NSG 3603 HLTHCARE RESEARCH _____</p> <p style="text-align: center; margin-top: 20px;">**CHECK WITH ADVISOR REGARDING PRE-REQUISITES AND CO-REQUISITES</p> | <p><b><u>STRENGTH &amp; CONDITIONING REQUIRED COURSES</u></b></p> <p><b>CORE 27 HRS*</b></p> <p>HHP 1102 INTRO HEAL &amp; HUM P _____</p> <p>HHP 2041 STRENGTH/COND _____</p> <p>HHP 2052 MEDICAL TERMINOLOGY _____</p> <p>HHP 4022 APPLIED EXER PHYS _____</p> <p>HPE 2663 MOTOR DEVELOP _____</p> <p>HPE 3224 KINESIOLOGY** _____</p> <p>HPE 4234 EXERCISE PHYS** _____</p> <p>FCS 2103 NUTRITION** _____</p> <p>PSY 2023 ABNORMAL PSYCH** _____</p> <p>CHOOSE ONE:</p> <p>FCS 3383 SPORTS NUTRITION** _____</p> <p>OR</p> <p>FCS 3423 ADV NUTRITION** _____</p> <p><b><u>INTERDISCIPLINARY CORE 48 HRS*</u></b></p> <p>ATP 2043 PREVENT &amp; TREAT** _____</p> <p>HHP 2202 SPECIAL TOPICS IN SC _____</p> <p>HHP 3064 ASSESS OF UPPER _____</p> <p>HHP 3074 ASSESS OF LOWER _____</p> <p>HHP 3084 THERAPEUTIC MOD _____</p> <p>HHP 3273 GEN MED/PHAR IN _____</p> <p>HHP 4094 REHAB/THER EXERCISE _____</p> <p>HPE 2203 ESSEN HUM A &amp; P I** _____</p> <p>HPE 2213 ESSEN HUM A &amp; P II** _____</p> <p>HPE 3033 PSY/ETH CCH THRY K-12 _____</p> <p>HPE 3293 MEASURE&amp;EVAL _____</p> <p>HPE 4042 CCH TEAM SPTS K-12** _____</p> <p>HPE 4052 CCH IND SPTS K-12** _____</p> <p>HPE 4072 ADAPT PE _____</p> <p>REC 3033 REC &amp; SPT DESIGN _____</p> <p>REC 4283 LEGAL ISS/RISK MGM _____</p> <p style="text-align: center; margin-top: 20px;">*C or better required for required courses and interdisciplinary core</p> |
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**Health and Human Performance – Strength and Conditioning Concentration  
SUGGESTED SCHEDULING GUIDE**

| <b>FRESHMAN YEAR</b>                             |           |   |           |
|--|-----------|---|-----------|
| FALL   |           | SPRING  |           |
| BIO 1013 INTRO BIOLOGY                           | 3         | CHM 1034 GENERAL CHEMISTRY/LAB                    | 4         |
| BIO 1021 INTRO BIOLOGY LAB                       | 1         | ENG 1473 ENGLISH B                                | 3         |
| ENG 1463 ENGLISH A                               | 3         | HHP 2052 MEDICAL TERMINOLOGY                      | 2         |
| GEN 1031 HENDERSON SEMINAR                       | 1         | HPE 2203 ESSEN HUMAN ANATOMY & PHYSIOLOGY I       | 3         |
| HHP 1102 INTRODUCTION TO HEALTH & HUM PERFOR     | 2         | HPR 1011 LIFE FITNESS OR ACTIVITY CREDIT          | 1         |
| MATH (SEE LAC REQ)                               | 3         | PSY 1013 GENERAL PSYCHOLOGY                       | 3         |
| SOCIAL SCIENCE – CIVILIZATION (SEE LAC REQ)      | 3         |   |           |
| <b>TOTAL HOURS</b>                               | <b>16</b> | <b>TOTAL HOURS</b>                                | <b>16</b> |
| <b>SOPHOMORE YEAR</b>                            |           |   |           |
| FALL   |           | SPRING  |           |
| ATP 2043 PREVENTION & TREAT OF ATHLETIC INJURIES | 3         | HHP 2202 SPECIAL TOPICS IN STRENGTH & CONDIT      | 2         |
| COM 2013 ORAL COMMUNICATION                      | 3         | HHP 2041 STRENGTH/CONDITIONING                    | 1         |
| FCS 2103 NUTRITION                               | 3         | HPE 2663 MOTOR DEVELOPMENT AND SKILLS ACQ         | 3         |
| HUMANITIES – ENGLISH (SEE LAC REQ)               | 3         | HPE 3224 KINESIOLOGY                              | 4         |
| HUMANITIES (SEE LAC REQ)                         | 3         | PSY 2023 ABNORMAL PSYCHOLOGY                      | 3         |
|  |           | SOCIAL SCIENCES – HIS OR PSC (SEE LAC REQ)        | 3         |
| <b>TOTAL HOURS</b>                               | <b>15</b> | <b>TOTAL HOURS</b>                                | <b>16</b> |
| <b>JUNIOR YEAR</b>                               |           |   |           |
| FALL   |           | SPRING  |           |
| HHP 3064 ASSESSMENT OF UPPER EXTREMITIES         | 4         | HHP 3074 ASSESSMENT OF LOWER EXTREMITIES          | 4         |
| HHP 3273 GEN MED COND W/PHARM INTERVENTION       | 3         | CORE ELECTIVE (SEE LAC REQ)                       | 3         |
| HPE 2213 ESSEN HUMAN ANATOMY & PHYSIOLOGY II     | 3         | FCS 3383 SPRT NUTRITION OR FCS 3323 ADV NUTRITION | 3         |
| WRITING REQUIRMENT (SEE LAC REQ)                 | 3         | HPE 4234 EXERCISE PHYSIOLOGY FOR HEALTH & PE      | 4         |
|  |           | NON – WESTERN CULTURE (SEE LAC REQ)               | 3         |
| <b>TOTAL HOURS</b>                               | <b>13</b> | <b>TOTAL HOURS</b>                                | <b>17</b> |
| <b>SENIOR YEAR</b>                               |           |   |           |
| FALL   |           | SPRING  |           |
| HHP 3084 THERAPEUTIC MODALITIES                  | 4         | HHP 4022 APPLIED EXERCISE PHYSIOLOGY              | 2         |
| HPE 3033 PSYCH ETHICS COACH THEORY K-12          | 3         | HHP 4094 REHABILITATION/THERAPEUTIC EXERCISE      | 4         |
| HPE 3293 MEASUREMENT & EVALUATION                | 3         | HPE 4042 COACHING TEAM SPORTS K-12                | 2         |
| HPE 4052 COACHING INDIVIDUAL SPORTS K-12         | 2         | REC 3033 REC & SPRT FACILITY DESIGN, MAIN & MGM   | 3         |
| HPE 4072 ADAPTIVE PHYSICAL EDUCATION             | 2         | REC 4283 LEGAL ISSUES/RISK MANAGEMENT             | 3         |
| <b>TOTAL HOURS</b>                               | <b>14</b> | <b>TOTAL HOURS</b>                                | <b>14</b> |

SEE CATALOG COURSE DESCRIPTIONS FOR ARKANSAS COURSE TRANSFER SYSTEM (ACTS) COURSE NUMBER EQUIVALENCIES.

UPDATED 1/9/17 db