

UNION COLLEGE  
HUMAN PERFORMANCE MAJOR  
Curriculum Plan

A major in Human Performance consists of 37 semester hours which must include HMPF 435, HMPF 441, PHED 241, 275, 340, 351, 361, 410, 421, RECM 350, WELL 340 and four service courses. Human Performance majors are allowed to count only four service courses toward the major. A maximum of eight semester hours of service courses may be credited toward graduation.

SERVICE COURSES (choose 4)

PHED 111 Beginning Swimming	1
PHED 112 Intermediate Swimming	1
PHED 113 Lifeguard Training	1
PHED 121 Team Sports	1
PHED 122 Volleyball	1
PHED 132 Golf	1
PHED 133 Tennis	1
PHED 134 Personal Fitness and Aerobics	1
PHED 136 Weight Training	1
RECM 135 Canoe and Kayaking	1
RECM 190 Special Topics	1__

REQUIRED COURSES (33 hours)

HMPF 435 Social Psychology of Sport and Human Performance	3
HMPF 441 Exercise Assessment and Prescription	3
PHED 241 History and Philosophy of Physical Education	3
PHED 275 Elementary Movement Forms	3
PHED 340 Motor Development	3
PHED 351 Tests and Measurements	3
PHED 361 Organization and Admin of Physical Education Athletics	3
PHED 410 Exercise Physiology	3
PHED 421 Kinesiology	3
RECM 350 Recreation Leadership & Administration	3
WELL 340 Physiology & Anatomy	3__

_____ Registrar	Date	_____ Student	Date	_____ Advisor	Date
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