

UNION

COMMONWEALTH UNIVERSITY

Human Performance Major
Bachelor of Science Curriculum Plan
40-45 Hours

Student

ID#

Advisor

Human Performance Core (36-39 Hours)

	Required Course	Hours	Transfer/Substitution/Notes	Final Grade
	EXSC 200: Introduction to Kinesiology	3		
	HMPF 435: Social Psychology of Sport and Human Performance	3		
	HMPF 441: Exercise Assessment and Prescription (<i>Prerequisite: WELL 340</i>)	3		
	PHED 340: Motor Development	3		
	PHED 351: Tests and Measurements in Health and PE	3		
	PHED 243: Philosophy of Coaching	3		
	RECM 350: Recreation Administration & Leadership	3		
	WELL 340: Anatomy & Physiology	3		
	WELL 361: Principles of Nutrition	3		
	WELL 363: Sports Nutrition (<i>Prerequisite WELL 361: Principles of Nutrition</i>)	3		
	PHED 471: Sports Management Internship	3-6		
	PSYH 332: Lifespan Development	3		

Service Courses (Choose 4 Classes, 4-6 Hours)

	Course	Hours	Transfer/Substitution/Notes	Final Grade
	PHED 111: Beginning Swimming	1		
	PHED 112: Intermediate Swimming	1		
	PHED 114: Water Aerobics	1		
	PHED 116: Yoga	1		
	PHED 121: Team Sports	1		
	PHED 122: Volleyball	1		
	PHED 132: Golf	1		
	PHED 133: Tennis and Badminton	1		
	PHED 134: Personal Fitness and Aerobic Activities	1		
	PHED 136: Weight Training	1		
	PHED 192: Lifeguard Training	3		
	RECM 135: Canoe and Kayaking	1		
	RECM 190: Special Topics in Recreation	1		

Note: Exercise Science majors are allowed to count only four service courses toward the major. If more are taken, the first four count in the GPA for the major. Up to eight semester hours of service courses may be credited toward graduation.