UNION
COLLEGE

Human Performance Major
Bachelor of Science Curriculum Plan
37 Hours

_____ _____ _____
Student ID# Advisor

Service Courses (4 Hours)

	Course	Hours	Transfer/Substitution/Notes	Final Grade
	PHED 111: Beginning Swimming	1		
	PHED 112: Intermediate Swimming	1		
	PHED 113: Lifeguard Training	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	1		
	PHED 134: Personal Fitness and Aerobics	1		
	PHED 136: Weight Training	1		
	RECM 135: Canoe and Kayaking	1		
	RECM 190: Special Topics	1		
Note: Human Performance 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.				

Human Performance Core (33 Hours)

	Required Course	Hours	Transfer/Substitution/Notes	Final Grade
	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: Anatomy & Physiology	3		