

**Albany State University**  
**Darton College of Health Professions**  
**Department of Health & Human Performance**

**B.S. Health & Human Performance**  
 123 Credit Hours (2.25 G.P.A.)  
 2020-2021 Revised Curriculum

Name:  
 E-mail:

Ram ID:  
 Phone:

Area A1: Communication Skills* (6 hours)		Grd	Hr
ENGL 1101	English Composition I <b>or</b>		3
ENGL 1101H	English Composition I Honors		3
ENGL 1102	English Composition II <b>or</b>		3
ENGL 1102H	English Composition II Honors		3
*Minimum grade of "C" required in Area A courses.			

Area A2: Quantitative Skills (3 hours*)		Grd	Hr
MATH 1001	Quantitative Reasoning		3
MATH 1111	College Algebra		3
MATH 1112	College Trigonometry		3
MATH 1113	Pre-Calculus		3
MATH 1211	Calculus I (1 extra credit in Area F)		4

Area B: Institutional Options (5 hours)		Grd	Hr
<b>SELECT ONE BELOW</b>			
COMM 1000	Cultural Diversity in Comm		2
HIST 1002	Intro to African Diaspora		2
POLS 1105	Current World Problems		2
<b>SELECT ONE BELOW</b>			
COMM 1100	Human Communication		3
COMM 1110	Public Speaking		3

Area D: Science, Math, Tech.		Grd	Hr
<b>Health &amp; Human Performance Majors (11 hours)</b>			
<b>SELECT TWO BELOW IN SEQUENCE</b>			
BIOL 1111K	Intro to Biological Science I <b>and</b>		4
BIOL 1112K	Intro to Biological Science II		4
BIOL 2107K	Principles of Biology I <b>and</b>		4
BIOL 2108K	Principles of Biology II		4
CHEM 1151K	Survey of Chemistry I <b>and</b>		4
CHEM 1152K	Survey of Chemistry II		4
CHEM 1211K	Principles of Chemistry I <b>and</b>		4
CHEM 1212K	Principles of Chemistry II		4
PHYS 1111K	Introductory Physics I <b>and</b>		4
PHYS 1112K	Introductory Physics II		4
PHYS 2211K	Principles of Physics I <b>and</b>		4
PHYS 2212K	Principles of Physics II		4
<b>SELECT ONE BELOW</b>			
CSCI 1300	Intro to Computer Science		3
MATH 1113	Pre-Calculus		3
MATH 1211	Calculus I (1 credit in Area F)		4
MATH 2212	Calculus II (1 credit in Area F)		4
MATH 2213	Calculus III (1 credit in Area F)		4
MATH 2411	Introduction to Statistics		3

Area C: Humanities/Fine Arts (6 hours)		Grd	Hr
<b>SELECT ONE BELOW</b>			
ENGL 2111	World Literature I		3
ENGL 2111H	World Literature I Honors		3
ENGL 2112	World Literature II		3
ENGL 2112H	World Literature II Honors		3
ENGL 2121	British Literature I		3
ENGL 2122	British Literature II		3
ENGL 2131	American Literature I		3
ENGL 2132	American Literature II		3
ENGL 2141	African American Literature I		3
ENGL 2142	African American Literature II		3
<b>SELECT ONE BELOW</b>			
ARTS 1100	Art Appreciation		3
FREN 1001	Elementary French I		3
FREN 1002	Elementary French II		3
FREN 2001	Intermediate French I		3
FREN 2002	Intermediate French II		3
LATN 1001	Elementary Latin I		3
LATN 1002	Elementary Latin II		3
LATN 2001	Intermediate Latin I		3
LATN 2002	Intermediate Latin II		3
MUSC 1100	Music Appreciation		3
JAPN 1001	Elementary Japanese I		3
JAPN 1002	Elementary Japanese II		3
JAPN 2001	Intermediate Japanese I		3
JAPN 2002	Intermediate Japanese II		3
SPAN 1001	Elementary Spanish I		3
SPAN 1002	Elementary Spanish II		3
SPAN 2001	Intermediate Spanish I		3
SPAN 2002	Intermediate Spanish II		3
THEA 1100	Theatre Appreciation		3

Area E: Social Sciences (12 hours)		Grd	Hr
POLS 1101	American Government		3
<b>SELECT ONE BELOW</b>			
HIST 1111	Survey of World History I		3
HIST 1112	Survey of World History II		3
HIST 2111	Survey of U.S. History I		3
HIST 2112	Survey of U.S. History II		3
<b>SELECT TWO BELOW</b>			
ANTH 1102	Introduction to Anthropology		3
ECON 2105	Principles of Macroeconomics		3
GEOG 1101	Intro to Human Geography		3
HIST 1111	Survey of World History I		3
HIST 1112	Survey of World History II		3
HIST 2111	Survey of U.S. History I		3
HIST 2112	Survey of U. S. History II		3
HIST 2113	Minorities in America		3
POLS 2101	Intro to Political Science		3
PSYC 1101	General Psychology		3
SOCI 1101	Introduction to Sociology		3

(see reverse side)

Area F: Major-Related Courses (18 hours)			
REQUIRED COURSES (11 hours)		Grd	Hr
BIOL 2411K	Human Anatomy & Physiology I		4
BIOL 2412K	Human Anatomy & Physiology II		4
HHUP 2213	Introduction to Exercise Science		3
Advisor Approved Electives (7 additional hours)			
COHP2110	Nutrition		3
HHUP 2289	Care/Prevention Athletic Injuries		3
WELL 1007	Aquatics*		1
<b>TOTAL CREDIT HOURS FOR AREAS A-F:</b>			<b>60</b>
Hours from Area F must equal 18. If more than 18 are earned, the extra hours (2000 level and above) may be applied in free electives.			
ASU 1101	First Year Experience		1
HLTH, WELL	Health & Wellness Requirement*		2
*The health & wellness requirement may be fulfilled by taking one 2-credit hour health/wellness course <b>OR</b> two 1- credit hour wellness activity courses.			

Additional Requirements	
A minimum grade of "C" is required in Area A, Area F, and ALL major courses.	
39 credit hours must be at the 3000-4000 level.	

Major Requirements (60 hours)			
REQUIRED COURSES (33 hours)		Grd	Hr
COHP 2120	Growth and Development		3
HHUP 4400	Introduction to Research Methods		3
HHUP 3001	Sport Nutrition		3
HHUP 3002	Psychological Aspects of Exercise		3
HHUP 3004	Kinesiology		3
HHUP 3003	Exercise Physiology		3
HHUP 3005	Applied Exercise Physiology		3
HHUP 3007	Group Exercise Instruction		3
HHUP 3006	Fitness Assessment and Interpret		3
HHUP 4300	Princ of Strength and Cond		3
HHUP 4500	Test & Measurements		3
Choose One Specialization			
Exercise Science (27 hours)		Grd	Hr
HHUP 3008	Progressive Resistance		3
HHUP 4091	Introductory Exsc Internship		3
HHUP 4092	Exerc Presc & Implementation		3
HHUP 4093	Exerc Special Population		3
HHUP 4090	Administration & Supervision in Hlth		3
HHUP 3009	Biomechanics		3
HHUP 4600/01	Capstone Internship in Exerc Sci		9
Sports Medicine (27 hours)		Grd	Hr
HHUP 3120	Therapeutic Modalities		3
HHUP 4103	Orthop Assessment in Sports Med		3
HHUP 4100	General Med Conditions/Pharm		3
HHUP 3121	Therapeutic Exercise		4
HHUP 4102	Clinical Internship in Sports Med		2
Electives	(Consult with Faculty Advisor)		12

Reviewed by Advisor: \_\_\_\_\_

Updated 03/2019