

ALBANY STATE UNIVERSITY'
Albany, GA 31705'

BS in HEALTH AND HUMAN PERFORMANCE'
125 SEMESTER HOURS REQUIRED'
2.25 REQUIRED GPA

NAME:_____

RAM ID# _____

ADDRESS: _____ **EMAIL:**_____

Area A1: Communication Skills*		6hrs	Area D: Natural Science, Math & Tech		10-11 hrs
ENGL 1101	English Composition I or	3	Option I: Non-Science Majors (Select any two courses)		
HONR 1111	Honors Humanities I (H)	3	BIOL 1111K	Intro to Biological Science I	4
ENGL 1102	English Composition II or	3	BIOL 1112K	Intro to Biological Science II	4
HONR 1112	Honors Humanities II (H)	3	BIOL 1114K	Survey of Biotechnology	3
Minimum Grade of "C" required in each course			BIOL 1115K	Intro to Environmental Biology	3
			CHEM 1151K	Survey of Chemistry I	4
Area A2: Quantitative Skills (Select one, as required)		3hrs	CHEM 1152K	Survey of Chemistry II	4
MATH 1101	Math Modeling	3	PHYS 1001K	Physical Science I	4
MATH 1111	College Algebra	3	PHYS 1002K	Physical Science II	4
MATH 1113	Pre-Calculus*	3	PHYS 1020K	Survey of Modern Sci. & Tech.	3
MATH 1211	Calculus I**	3			
*Required for majors in Math, Computer Sci, Chemistry & Biology			Electives: Select One		
**Required for pre-engineering majors			CSCI 1003	Introduction to Technology	2
			SSCI 2402	Microcomputers in Soc. Sciences	3
Area B: Institutional Options		5hrs	MATH 1201	Survey of Calculus	3
COMM 1100	Public Speaking	3	MATH 2411	Basic Statistics *	3
HIST 1002	Introduction to African Diaspora	2	CSCI 1101	Introduction to Computers	3
			PHYS 2100	Computer Applications	3
Area C: Humanities, Fine Arts and Ethics		6hrs	MATH 1113	Pre-Calculus	3
ENGL 2111	World Literature I or	3			
HONR 2111	Honors Humanities III (H)	3	Area D: Natural Science, Math & Tech		
			Option II: Science Majors (Select Two)		
Electives: Select One			CHEM 1211K	General Chemistry I	4
ARAP 1100	Art Appreciation	3	CHEM 1212K	General Chemistry II	4
ENGL 2112	World Literature II	3	PHYS 1111K	Introductory Physics I	4
MUSC 1100	Music Appreciation	3	PHYS 1112K	Introductory Physics II	4
FREN 2001	Intermediate French	3	PHYS 2221K	Principles of Physics I	4
GERM 2001	Intermediate German	3	PHYS 2222K	Principles of Physics II	4
SPAN 2001	Intermediate Spanish	3			
HONR 2112	Honors Humanities IV Honors Students Only	3	Electives: Select One		
			MATH 1113	Pre-Calculus	3
			MATH 1211	Calculus I	4
			MATH 2212	Calculus II	4
			PHYS 2100	Computer Applications	3

(Continued on the Reverse Side)

Area E: Social Sciences			12hrs	Area F: Program of Study Related Courses			18hrs
POLS 1101	U.S. & Georgia Government ® or		3	PEDH 2213	Introduction to HPER		3
HONR 1161	Honors American Government		3	COHP 2110	Nutrition		3
(Optional for Honors Student Only)				HHUP 2289	Care/Prevention of Injury		3
				HEDP 1001	Introduction to Wellness		1
Electives: Select at least 1 History and any 2 other courses				BIOL 2411K	Human Anatomy & Physiology I		4
ECON 2105	Macroeconomics		3	BIOL 2412K	Human Anatomy & Physiology II		4
ECON 2106	Microeconomics		3	Area G: Physical Education			21hrs
ECON 2201	Survey of Economics		3	HHUP 2002	Fitness Assessment & Interpretation		3
GEOG 1101	Introduction to Human Geography		3	HHUP 3300	Principles of Strength and Conditioning		3
HIST 1111	Survey of World History I		3	PEDH 3384	Adapted PE & Diverse/Classroom		3
HIST 1112	Survey of World History II		3	PEDH 3394	Psychology of Coaching		3
HIST 2111	Survey of American History I		3	PEDH 4460	Kinesiology		3
HIST 2112	Survey of American History II		3	PEDH 4470	Physiology of Exercises		3
HIST 2113	Minorities in America		3	PEDH 4482	Tests & Measurements/Software		3
HONR 1151	Honors World History I		3	Area H: Health			10hrs
HONR 1152	Honors World History II		3	COHP 2120	Growth and Development		3
PHIL 2101	Introduction to Philosophy		3	HEDP 2250	Drug Education		2
POLS 2101	Introduction to Political Science		3	HEDP 2267	First Aid and Safety		2
POLS 2102	Introduction to Law		3	HEDP 3660	Current Issues In Health		3
PSYC 1101	General Psychology		3	Area I: Recreation/Health & Human Performance			15hrs
SOCI 2011	Principles of Sociology		3	RECD 2075	Outdoor Recreation		3
SOCI 2031	Introduction to Anthropology		3	RECD 3045	Rec. Fac. & Equip. and Design		3
				RECD 4002	Recreation for Special Population		3
ABOVE THE CORE				RECD 4090	Admin. & Supervision of REC/HHUP 4090 Admin and Supervision		3
ASU 1101	First Year Experience		1	RECD 4095	Recreation Practicum \ HHP 4095 Internship		3
HEDP, HLTH, PEDH, PHED	Health & Wellness Requirement*		2	Electives any HEDP, HHUP, PEDH, REC, or EDUC			9hrs
*The health & wellness requirement may be fulfilled by taking				PEDH 2214	Games of Low Organization		2
one- two (2) credit hour health or wellness course OR				PEDH 2272	Fund Coaching Football/Soccer		2
two one (1) credit hour health or wellness activity courses.				PEDH 2276	Fund Coaching Bsktball/Volball		3
Select Three				HEDP 2450	Basic Athletic Training		3
PEDH 1001	Team Sports		1	PEDH 2319	Fund/Teaching Baseball/Softball		2
PEDH 1002	Fitness		1	PEDH 2377	Fund Coaching Track & Field		3
PEDH 1003	Recreational Skills I		1	PEDH 3350	History/Survey Blk Amer Sports		3
PEDH 1004	Recreational Skills II		1	HEDP 3330	African American Hlth Issues		3
PEDH 1005	Lifetime Skills I		1	HEDP 2452	Advanced Athletic Training		4
PEDH 1006	Lifetime Skills II		1	EDUC 2110	Investigating C&C Issues in Educ		3
PEDH 1007	Aquatics *		1	EDUC 2120	Exploring Socio Cult/Perspec Div		3
PEDH 1008	Progressive Resistance		1	EDUC 2130	Exploring Teaching/Learning		3
PEDH 1010	Yoga		1	EDUC 3350	Public School Health Education		3
PEDH 1020	Intermediate Swimming		1	PEDH 3330	Global Health		3
PEDH 1150	Lifeguarding		1	HHUP 2000	Directed Study (1 - 3 credit hours)		
PEDH 2010	Intermediate Yoga		1	General Electives			5 hrs
PEDH 2221	Intermediate Tennis		1				
				Major GPA of 2.25 required for graduation			
I = Institutional Credit				1000 and 2000 level science courses with labs, the lab			
H = Honors Students Only				course must be taken in the same semester as the lecture			
S = FIAR or HIST 1002				course. A grade of 'C' or better is required for all courses			
® R = Required				taken in Areas F- I and electives			
CPC Requirements				Reviewed by Advisor:			
Satisfied: YES NO				Student:			
				Updated 4/2017			