



Major: Human Performance, BS (Bachelor of Science)
2025-2026 4-Year Plan Guide
Major: 64 credit hours, Total Degree Requirements: 120 credit hours

Students are not limited to this plan; it is meant to be used as a guide for planning purposes in consultation with your advisor. The sample schedule is one possible path to completing your degree within four years. For official program requirements, please refer to the [Undergraduate Catalog](#).

FIRST YEAR

Fall

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
FYS 101 First Year Seminar	Major	2
ENGL 101 Composition I	SGR #1	3
Natural Science, First Course	SGR #6	3-4
Mathematics Course (MATH 103 or higher)	SGR #5	3
PE 180 Foundations of HPER	Major	3
PE 100 Activity Course; Weight Training	Major	1

Total Credit Hours: 15-16

Spring

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
HLTH 240 Health & Fitness for Special Populations	Major	3
Fine Arts/Humanities, First Course	SGR #4	3
ENGL 201 Composition II	SGR #1	3
PE 183 Communication in HPER/A	Major	3
Natural Science, Second Course	SGR #6	3-4

Total Credit Hours: 15-16

SECOND YEAR

Fall

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
CMST 101 Intro to Communications	SGR #2	3
PE 250/250L Human Anatomy & Physiology/Lab	Major	4
Fine Arts/Humanities, Second Course	SGR #4	3
Social Science Course	SGR #3	3
Civics Course	SGR #3	3

Total Credit Hours: 16

Spring

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
HLTH 251 First Aid & CPR	Major	1
HLTH/PE Sport Science Elective	Major	3
PE 350/350L Exercise Physiology/Lab	Major	4
PE 334 Behavioral & Social Issues or Human Values Course	Major/Additional Program Requirement	3
Quantitative Course	Additional Program Requirement	3

Total Credit Hours: 14



THIRD YEAR

Fall

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
PE 395 Practicum	Major	3
PE 400 Exercise Test & Prescription	Major	3
PE 440 Organization & Administration of HPER/A	Major	3
Additional Math/Science Course	Additional Program Requirement	3
Elective or Minor Course	Elective	3

Total Credit Hours: 15

Spring

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
HLTH/PE Sport Science Elective	Major	3
PE 372 Fitness Coaching & Administration	Major	3
PE 454 Biomechanics	Major	3
PE 457 Psychology of Human Performance	Major	3
Elective or Minor Course	Elective	3

Total Credit Hours: 15

FOURTH YEAR

Fall

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
PE 410 Program Design for Strength & Conditioning	Major	3
PE 459 Research Methods	Major	3
PE 467 Event Planning/Facility Management	Major	3
PE 496 Internship	Major	3
Elective or Minor Course	Elective	3

Total Credit Hours: 15

Spring

Prefix + Number + Course Title	Major / General Education Requirements (SGR)	Credits
HLTH 422 Nutrition	Major	3
PE 452 Motor Learning & Development	Major	3
PE 482 Theory of Strength & Conditioning	Major	3
HLTH/PE Sport Science Elective	Major	3
Elective or Minor Course	Elective	3

Total Credit Hours: 15

COMMENTS & NOTES

Notes:

*MATH and ENGL courses are determined by standardized testing and/or placement exams in accordance with SDBOR Policy [2.2.1.1.A](#) and [2.2.1.1.B](#)

*Students pursuing Sports Administration must complete an Exit Exam in addition to course requirements; this is recommended in the final semester of enrollment

As part of the Bachelor of Science, students in this program must complete the Bachelor of Science [Requirements](#), as well as major [Requirements](#) in Sports Administration

Students pursuing this program may be eligible for acceptance to the 4+1 accelerated Master of Science program in [Sport Sciences](#).