



**Bachelor of Science in Human Performance and Fitness, Emphasis in Human Performance
Pre-Physical Therapy / Pre-Occupational Therapy
Plan of Study**

First Year Fall	
Course	Credit
IDL 190, Freshman Seminar	2
SPCM 101, Fundamentals of Speech*	3
PE 180, Foundations of HPER	2
HLTH 100/L, Wellness for Life	2
MATH 114/L, College Algebra*	3-4
ENGL 101, Composition I	3
	15-16

First Year Spring	
Course	Credit
ENGL 201, Composition II	3
ARTH 100, Art Appreciation*	3
HIST 122, Western Civilization II*	3
PSYC 101, General Psychology	3
PE 200, Professional Preparation: Fitness	1
PE 202, Professional Preparation: Individual and Dual Activities	2
	15

Second Year Fall	
Course	Credit
BIOL 151/L, General Biology I*^	4
SOC 100, Introduction to Sociology*	3
PE 352, Adapted Physical Education	3
PE 203: Professional Preparation: Team	1
CHEM 112, General Chemistry I***^	4
HLTH 103, Personal Health	2
	17

Second Year Spring	
Course	Credit
BIOL 153/L, General Biology II*^	4
MATH 120, Trigonometry***^	3
BADM 457, Business Ethics*	3
PE 334, Behavior and Social Science Issues in PE	2
CHEM 114, General Chemistry II***^	4
PE 100, Activity Course: Weight Training	1
	17

Third Year Fall	
Course	Credit
BIOL 281, Introduction to Statistics*	3
PSYC 451, Abnormal Psychology***^	3
PE 354/L, Prevention and Care of Athletic Injuries	3
BIOL 221/L, Human Anatomy***^+	4
MATH 123, Calculus I***^	4
	17

Third Year Spring	
Course	Credit
BIOL 325/L, Physiology***^+	4
HLTH 320, Community Health	3
PE 440, Organization and Administration of HPER/A	3
PSYC 221, Lifespan Development***^	3
PE 452, Motor Learning and Development	3
	16

Fourth Year Fall	
Course	Credit
PE 395, Practicum	3
PE 451, Tests and Measurements	2
PE 400, Exercise Test and Prescription	3
PHYS 211/L, University Physics I***^	4
HLTH 422, Nutrition	3
	15

Fourth Year Spring	
Course	Credit
PE 482, Theory of Strength Training and Conditioning	3
PE 454, Biomechanics	3
PHYS 213/L, University Physics II***^	4
PE 496, Field Experience	3
PE 457, Exercise Psychology	3
HLTH 251, First Aid and CPR	1
	17

*Fulfills a General Education Requirement. Other course options may be available. **Fulfills a major requirement. Other course options may be available. ***Fulfills a general elective. Other course options may be available. ^Recommended courses based on professional program. Other options may be available or suggested. +Recommended courses based on professional program. Approved course substitution forms may be required. This plan of study is not an official document. Depending on placement scores, developmental courses may be required. Course rotations may change. Please visit with a professional advisor at least once a semester to review appropriate course choices and plan updates.