

Bachelor of Science In Human Performance – Emphasis in Health Promotion

PLAN OF STUDY

	FALL			SPRING		
	Course		Credit	Course		Credit
FIRST YEAR	IDL 190	Freshman Seminar	2	ENGL 201	Composition II	3
	ENGL 101	Composition I	3	PSYC 101	General Psychology*	3
	CMST 101	Fundamentals of Speech*	3	ARTH 100	Art Appreciation*	3
	MATH 114	College Algebra*	3	HIST 122	Western Civilization II*	3
	PE 180	Foundations of HPER	2	BIOL 101/L	Survey of Biology I*	3
	PE 183	Professional Communication in HPER/A	3			15
			16			
SECOND YEAR	SOC 100	Introduction to Sociology*	3	PE 334	Behavioral and Social Science Issues in HPER/A	3
	BIOL 106/L	Human Health and Biology*	3	HLTH 240	Health and Fitness for Special Populations	3
	BADM 220	Business Statistics*	3	HLTH 320	Community Health	3
	HLTH 103	Personal Health	2	BADM 457	Business Ethics*	3
	PE 100	Activity Course: Weight Training	1		Elective or Minor Course	3
	PE 200	Professional Preparation: Fitness	1			15
	HLTH 201	ATOD Prevention Education	2			
			15			
THIRD YEAR	HLTH 422	Nutrition	3	PE 350	Exercise Physiology	3
	PE 250/L	Human Anatomy and Physiology	4	HLTH 400	Health Promotion and Advocacy**	3
	PE 440	Organization and Administration of HPER/A	3	PE 457	Psychology of Human Performance	3
		Additional Math or Science Course	3	PE 459	Introduction to Research Methods	3
		Elective or Minor Course	3		Elective or Minor Course	3
			16			15
FOURTH YEAR	PE 395	Practicum	3	PE 454	Biomechanics	3
	PE 400	Exercise Test and Prescription	3	PE 457	Exercise Psychology	3
	PE 410	Program Design for Strength & Conditioning	3	PE 482	Theory of Strength Training and Conditioning	3
	PE 451	Tests and Measurements	2	PE 496	Field Experience	3
		Elective or Minor Course	3		Elective or Minor Course	2-3
			14			14-15

Suggested Majors: Biology, PE, Psychology, Sport Marketing and Administration

Suggested Minors: Business, Coaching, Health, Psychology, Sport Management

Possible Professional Programs: pre-Physical Therapy/pre-Occupational Therapy endorsement

*Fulfills a General Education Requirement. **Fulfills a major requirement. ***Fulfills a general elective. Other course options may be available. This plan of study is not an official document. Depending on placement, developmental courses may be required. Course rotations may change. Visit with a professional advisor regularly to discuss course selection and degree planning.



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