

FITNESS & HUMAN PERFORMANCE, BACHELOR OF SCIENCE

2018-2019 Degree Plan

University Core Requirements (42 Hours):	UHCL Course Title	TCCNS*	CODE
Communications (6 hours):	WRIT 1301—English Composition I	ENGL 1301	010
	WRIT 1302—English Composition II	ENGL 1302	010
Mathematics (3 hours):	MATH 1314—College Algebra	MATH 1314	020
Life and Physical Sciences (6 hours):	BIOL 1306—Biology for Science Majors I	BIOL 1306	030
	BIOL 1307—Biology for Science Majors II	BIOL 1307	
Language, Philosophy, and Culture (3 hours):	Choose ONE course from the core approved list		040
Creative Arts (3 hours):	Choose ONE course from the core approved list		050
U.S. History (6 hours):	HIST 1301—U.S. History I	HIST 1301	060
	HIST 1302—U.S. History II	HIST 1302	060
Government/Political Science (6 hours):	POLS 2305—Federal Government	GOVT 2305	070
	POLS 2306—Texas Government	GOVT 2306	070
Social Behavioral Science (3 hours):	PSYC 2301—Introduction to Psychology	PSYC 2301	080
Public Speaking (3 hours):	COMM 1315—Public Speaking	SPCH 1315	090
Additional Coursework (3 hours):	PSYC 1100—Learning Frameworks	PSYC 1100	090
	<i>Two 1 hour Natural Science Labs—required co-requisites for the chosen science</i>		090

HSH Core Requirements (3 hours):	UHCL Course Title	TCCNS*	CODE
	WRIT 3306—Writing for the Social Sciences or WRIT 3307—Advanced Writing (grade must be at least C or better)		

Major Requirements (45 hours, must be “C” or better):	UHCL Course Title	TCCNS*	CODE
External Department Requirement Choose 1 of:	ANTH 3362, GEOG 4301, SOCI 4358 or SOCI 4364		
Fitness and Human Performance Courses:	HLTH 2301—Introduction to Exercise Science		
	HLTH 3301—Health, Emergency Care and First Aid		
	HLTH 3303—Nutrition and Weight Management		
	HLTH 3304—Principles of Physical Fitness		
	HLTH 3309—Evidence-Based Practice		
	HLTH 4301—Physiology of Exercise		
	HLTH 4302—Biomechanics		
	HLTH 4305—Seminar in Sports Medicine		
	HLTH 4308—Resistive Exercise: Theory and Practice		
	HLTH 4370—Undergraduate Practicum		

Concentration Area- Choose up to 24 hours based on the specific Concentration			
	Exercise Science		
	Health Promotion		
	Pre-Physical Therapy		
	Pre-Occupational Therapy		
	Pre Physician’s Assistant		
	Pre-Chiropractic Medicine		

Electives (0-27 hours, at least 9 hours must be 3300/4300 level courses)

Lower Level Electives (18-33 hours depending on the FHP Concentration chosen)

CHEM 1311 and Lab

CHEM 1312 and Lab

PHYS 1301 and Lab

PHYS 1302 and Lab

SOCI 1301

CHEM 1312 and PHYS 1301 are highly recommended and may be required depending on the concentration chosen.
HLTH 2303 is highly recommended as a lower-level elective.

General Degree Requirements

- Students must complete at least 120 semester credit hours. A minimum of 45 hours of the 120 semester hours must be advanced (3000-4000 level) course work according to the requirements of the respective major.
- Students must complete the University Core Curriculum requirements (refer to Core Curriculum Requirements in the UHCL Catalog).
- Students must fulfill the statutory requirements of the Texas State Education Code, including the following:
 - Six hours of U.S. History (three hours may be Texas History).
 - Six hours of Constitutions of the United States and Texas.
- Students must demonstrate writing proficiency by completing nine hours of lower-level (1000-2000 level) and upper-level (3000-4000 level) English composition course credit with a minimum grade of "C-" or better. Some majors may require higher grades in English composition.
- Students must complete at least 25% of the credit hours required for the degree (i.e., 30 semester credit hours for a 120 credit hour program) through instruction offered by UHCL to fulfill the Southern Association of Colleges and Schools (SACS) residency requirements.
- Students must complete the final 30 semester hours of 3000 and 4000 level course work in residence at UHCL.
- Students must complete a minimum of 12 semester credit hours of upper-level (3000-4000 level) coursework in the major in residence at UHCL.
- Students must have a cumulative GPA of 2.000 on course work completed at UHCL with grades of "C" or better on at least 30 hours of resident upper-level work. Grades of "C-" or below cannot be applied toward the 30 hours of resident upper-level work.