

Northwestern State University: Department of Health and Human Performance
Health and Exercise Science (377) – Fall 2024

Degree Program Name: Bachelor of Science (B.S.) in Health & Exercise Science (Students may choose among Kinesiology (377K), Pre-Physical Therapy (377P), Pre-Occupational Therapy (377O), and Pre-Athletic Training (377B) concentrations.)

Degree Program Description: The mission of the BS in Health & Exercise Science program in the Gallaspy College of Education and Human Development is to prepare innovative, contemporary leaders prepared for a variety of career opportunities in kinesiology and the health sciences. Classes are provided both online and face-to-face. For more information, please go to <https://hhp.nsula.edu/> or contact Dr. Tara Tietjen-Smith, Department Head, at tietjensmitht@nsula.edu

YEAR 1: 32 semester hours

| Semester 1 | | |
|--|-----------|--|
| ENGL 1010: Composition and Rhetoric I | 3 | |
| MATH 1020: College Algebra or MATH 1035: Contemporary Mathematics | 3 | |
| Choose 1 History course from: HIST 1010, HIST 1020, HIST 2010, HIST 2020 | 3 | |
| HP 2000: Introduction to Health & Human Performance | 3 | |
| PSYC 2050: Developmental Psychology or PSYC 1010: General Psychology | 3 | |
| UNIV 1000: The University Experience | 1 | |
| TOTAL | 16 | |

| Semester 2 | | |
|--|-----------|--|
| ENGL 1020: Composition and Rhetoric II | 3 | |
| MATH 1060: Finite Mathematics or MATH 1090: Trigonometry | 3 | |
| SCI 1010: Basic Concepts of Physical Science or CHEM 1070: Fund of Chemistry for Allied Health Maj or CHEM 1030 or CHEM 1040 | 3 | |
| BIO 1010: Biological Principles I BIOL 1011: Biological Principles I lab | 4 | |
| HED 1090: Personal and Community Health | 3 | |
| | | |
| TOTAL | 16 | |

YEAR 2: 32 semester hours

| Semester 3 | | |
|--|-----------|--|
| BIOL 3310: Human Anatomy & Physiology I or BIOL 2250: A&P I Nursing/Allied Health | 3 | |
| BIOL 3311: Human Anatomy & Physiology I Lab or BIOL 2251: A&P I Nursing/Allied Health Lab | 1 | |
| ENGL 2110: Introduction to Literature | 3 | |
| Social Science (Refer to University core requirement) | 3 | |
| COMM 2500: Interpersonal Communication or COMM 1010: Oral Communication | 3 | |
| HED 1010: First Aid & CPR | 3 | |
| TOTAL | 16 | |

| Semester 4 | | |
|--|-----------|--|
| BIOL 3320: Human Anatomy & Physiology II or BIOL 2260: A&P II Nursing/Allied Health | 3 | |
| BIOL 3321: Human Anatomy & Physiology II Lab or BIOL 2261: A&P II Nursing/Allied Health Lab | 1 | |
| FA 1040: Exploring the Arts | 3 | |
| HP 2630: Motor Learning | 3 | |
| Elective | 3 | |
| HED 3100: Nutrition and Optimal Performance | 3 | |
| TOTAL | 16 | |

YEAR 3: 29 semester hours

| Semester 5 | | |
|---|-----------|--|
| HP 3550: Applied Kinesiology | 3 | |
| ENGL 3210 Advanced Composition ENGL 3230: Technical Writing | 3 | |
| Upper Division (3000, 4000- level) Elective | 3 | |
| PSYC 2450: Personal Adjustment and Dev or PSYC 4450: Abnormal Psychology | 3 | |
| Human Performance Activity Course | 2 | |
| | | |
| TOTAL | 14 | |

| Semester 6 | | |
|--|-----------|--|
| HP 3560: Exercise Physiology | 3 | |
| HED 2010: Prevention and Care of Athletic Injuries | 3 | |
| HED 4600: Drug and Alcohol Education | 3 | |
| HED 3000: Community Health Promotion | 3 | |
| HP 4660: Scientific Principles of Coaching S & C | 3 | |
| | | |
| TOTAL | 15 | |

YEAR 4: 27 semester hours

| Semester 7 | | |
|--|-----------|--|
| HP 4170: Exercise Testing & Prescription | 3 | |
| HP 4180: Pre-Internship Seminar | 1 | |
| HED 4000: Health & Exercise Psychology | 3 | |
| HP 4500: Foundations of Health & PE Coaching | 3 | |
| Statistics Course: PSYC 4400 or MATH 2050 | 3 | |
| HP Activity Course | 2 | |
| TOTAL | 15 | |

| Semester 8 | | |
|--|-----------|--|
| HP 4200: Internship in Health & Exercise Science | 6 | |
| HED 4500: Sexuality Education | 3 | |
| Upper Division (3000, 4000-level) Elective | 3 | |
| | | |
| TOTAL | 12 | |

PROGRAM TOTAL: 120 semester hours

Revised 4/9/2024