

University of Louisville
College of Education and Human Development
Requirements for Bachelor of Science in Health & Human Performance
Track - Exercise Science

Name _____
Address _____
Phone # _____ Zip _____
Student ID# _____
Email address _____

Education Advising and Student Services
College of Education and
Human Development
University of Louisville
Louisville, KY 40292
(502) 852-5597

Admission Requirements: Students must have completed a minimum of 45 degree-applicable credit hours and must have earned a minimum cumulative UofL GPA of 2.5. Students must have completed HSS 184, HSS 202, and HSS 320 with a grade of B- or higher.

Degree Requirements: A minimum of 123 hours with an overall grade point average of 2.25 is required including a minimum of 34 hours of general education requirements. A minimum of 50 hours at the 300-level are required. No D's will be accepted in HSS courses used to meet core and track requirements.

COURSE PREFIX	COURSE NUMBER	COURSE TITLE	CREDIT HOURS	SEMESTER OFFERED F/S/U	HOURS EARNED	GRADE EARNED
Core Courses (31hours)						
HSS	180	First Aid and Safety Education	3			
HSS	181	Academic Orientation	1			
HSS	101-167	Physical Education Activity Course	1			
HSS	101-167	Physical Education Activity Course	1			
HSS	184	Healthy Lifestyles I	3			
HSS	202	Human Anatomy and Physiology (<i>BIO 260 is an approved substitute</i>)	3			
HSS	293	Social and Psychological Dimensions of Physical Activity (SBCD2)	3			
HSS	302	Nutrition in Health Living	3			
HSS	303	OR Human Nutrition <i>Prerequisite: CHEM 101, CHEM 105, or CHEM 201</i>				
HSS	320	Growth and Motor Development Across the Lifespan	3			
HSS	377	Introduction to Statistics in Health & Human Performance <i>Prerequisite: Status 60+ Hours</i> <i>(MATH 109 & PSYC 301 are approved substitutes for Exercise Science track only)</i>	3			
HSS	387	Biomechanics (Required for Exercise Science and Physical Education Tracks)	3			
HSS	310	OR Healthy Lifestyles II (Required for School Health and Public Health Tracks)				
HSS	402	Practicum in Health and Human Performance <i>Prerequisite: Admission to HHP Major</i>	1			
HSS	418	Diverse Populations in Physical Activity and Health (CD2)	3			
Exercise Science (30 hours)						
HSS	386	Anatomy and Physiology of Exercise I <i>Prerequisite: HSS 202 (BIO 260 is an approved substitute)</i>	3			
HSS	388	Principles of Athletic Conditioning <i>Prerequisite: HSS 387</i>	3			
HSS	389	Prevention and Care of Athletic Injuries <i>Prerequisite: HSS 387</i>	3			
HSS	390	Anatomy and Physiology of Exercise II <i>Prerequisite: HSS 386</i> <i>(BIO 261 is an approved substitute)</i>	3			
HSS	394	Foundations of Exercise Physiology	3			

		<i>Prerequisite: HSS 202</i>				
HSS	395	Fitness Assessment and Prescription <i>Prerequisite: HSS 387</i>	3			
HSS	396	Lab Methods in Fitness Evaluation <i>Prerequisite: HSS 387</i>	3			
HSS	486	Advanced Exercise Physiology <i>Prerequisite: HSS 387 & HSS 394</i>	3			
HSS	492	Internship in Exercise Science <i>Prerequisite: HSS 402 & 90+ hours</i>	3			
HSS	507	Senior Seminar in Exercise Physiology <i>Prerequisite: HSS 387 & HSS 394 & 90+ hours</i>	3			

COURSE PREFIX	COURSE NUMBER	COURSE TITLE	CREDIT HOURS	SEMESTER OFFERED F/S/J	HOURS EARNED	GRADE EARNED
Electives (minimum 28 hours)						
MINIMUM TOTAL HOURS			123			

Date: _____
 Hours earned: _____
 Gen. Ed. hrs. remaining: _____
 Major hrs. remaining: _____
 Subtotal: _____
 Electives needed to = 123: _____

300 level hrs. earned: _____
 300 level hrs. remaining within
 major: _____
 300 level hrs. needed to = 50: _____

Program sheet Addendum Y ☐ N ☐

THIS PROGRAM SHEET MUST BE SIGNED BY THE ADVISOR AND THE STUDENT AND SUBMITTED TO THE EDUCATION ADVISING AND STUDENT SERVICES OFFICE BEFORE THE STUDENT CAN BE UNCONDITIONALLY ADMITTED TO THIS PROGRAM.

Student

Copy to:

EASS ☐

Date

Student ☐

Advisor

Advisor ☐

Dept. ☐

Date