

Health and Human Performance Major with Exercise Science Concentration



EASTERN OREGON
UNIVERSITY

DEGREE PROGRAM CHECK SHEET

Complete all Institutional Graduation Requirements (Including University Writing Requirement, Diversity Requirement, General Education Requirement, etc.) as provided at <http://www.eou.edu/registrar>.

Program Requirements:

- Health and Human Performance Major w/Exercise Science Concentration is a minimum 67 graded credit hour degree. A grade of “C-” or better is required for each course counting towards the major, but a cumulative GPA of at least a 2.00 is required for completion of the major.
- Achieve a standard of health related fitness by achieving the 65th percentile on a physical ability test. This must be completed as part of a designated course (CH 298, EXS 323), or in some other faculty approved format.
- Competency (certification) in First Aid and CPR.

The Health and Human Performance Major w/Exercise Concentration is available on-campus and online. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

Program recommended general education courses;

SSC: PSY 201, 202; SOC 204; ANTH 201

SMI: BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203

GTW: WR 121, LIB 127

Transfer students with 90 credits or more satisfy the requirement for **HHP 131 Foundations for Health and Human Performance*

CORE REQUIRED COURSES: 23 credits

Course Number	Course Title	Credits	Prerequisites
BIOL 231	Human Anatomy & Physiology I w/Lab	4	MATH 070
BIOL 231L*	Human Anatomy & Physiology Laboratory <i>*BIOL 231L is for on-campus students</i>	0	Must be taken with BIOL 231 (on-campus only)
BIOL 232	Human Anatomy & Physiology II w/Lab	4	BIOL 231
BIOL 232L*	Human Anatomy & Physiology Laboratory <i>*BIOL 232L is for on-campus students</i>	0	Must be taken with BIOL 232 (on-campus only)
BIOL 233	Human Anatomy & Physiology III w/Lab	4	BIOL 232
BIOL 233L*	Human Anatomy & Physiology Laboratory <i>*BIOL 233L is for on-campus students</i>	0	Must be taken with BIOL 233 (on-campus only)
HHP 131	Foundations of Health & Human Performance	2	
HHP 350	Behavior Change Theory	3	
HHP 312	Measurement & Evaluation in Physical Activity & Health	3	
HHP 495	Capstone Seminar	1	Consent of instructor
HHP 496	Capstone Course	2	HHP 495, consent of instructor

EXERCISE SCIENCE REQUIRED COURSES: 44 credit hours

Statistics Requirement – Choose one of the following two statistics options: 5 credits

Option 1

Course Number	Course Title	Credits	Prerequisites
STAT 327	Elementary Statistics [SMI]	5	

Option 2:

STAT 243	Elementary Statistics [SMI] <i>Online students complete STAT 243A/243B in lieu of STAT 243</i>	4	MATH 095 or MATH 098
STAT 244	Correlation & Regression	1	

Kinesiology Requirement – Complete the following 11 credits:

Course Number	Course Title	Credits	Prerequisites
EXS 321	Applied Anatomy w/Lab	4	<i>BIOL 231 and 232 or consent of instructor</i>
EXS 321L	Applied Anatomy Laboratory <i>*EXS 321L is for on-campus students</i>	0	<i>Must be taken with EXS 321 (on-campus only)</i>
EXS 322	Biomechanics w/Lab	4	<i>EXS 321 or consent of instructor</i>
EXS 322L	Biomechanics Laboratory <i>*EXS 322L is for on-campus students</i>	0	<i>Must be taken with EXS 322 (on-campus only)</i>
EXS 423	Sports Skills Analysis	3	<i>EXS 321 & 322</i>

Exercise Physiology Bundle – Complete the following 15 credits:

Course Number	Course Title	Credits	Prerequisites
EXS 323	Physiology of Exercise I w/Lab [UWR]	4	<i>BIOL 321 & 232 or consent of instructor</i>
EXS 323L	Physiology of Exercise Laboratory <i>*EXS 323L is for on-campus students</i>	0	<i>Must be taken with EXS 323 (on-campus only)</i>
CH 325	Nutrition and Sport Performance	4	<i>BIOL 231, BIOL 232 or HWS 225</i>
EXS 451	Physiology of Exercise II w/Lab	4	<i>EXS 323</i>
EXS 451L	Physiology of Exercise II Lab <i>*EXS 451L is for on-campus students</i>	0	<i>Must be taken with EXS 451 (on-campus only)</i>
EXS 452	Physical Activity in Disease Prevention	3	<i>EXS 323</i>

Neurophysiology Bundle – Complete the following 10 credits:

Course Number	Course Title	Credits	Prerequisites
EXS 453	Motor Learning and Control w/Lab	4	<i>EXS 323 or consent of instructor</i>
EXS 453L	Motor Learning and Control Lab <i>*EXS 453L is for on-campus students</i>	0	<i>Must be taken with EXS 453 (on-campus only)</i>
EXS 311	Sports Psychology [UWR]	3	

Course Number	Course Title	Credits	Prerequisites
EXS 455	Applied Exercise Programming	3	<i>EXS 323 & 453 or EXS 423</i>

Select one of the following 3 credit courses:

Course Number	Course Title	Credits	Prerequisites
CH 351	Intro to Community Health [UWR]	3	
EXS 333	Environmental Exercise Physiology	3	<i>EXS 323</i>

Total credits required for major: 67

Checksheet is valid summer 2020-spring 2022