

Health and Human Performance Major with Physical Education and Sport 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/Physical Education and Sport Concentration is a minimum 70 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.

The Health and Human Performance Major w/Physical Education and Sport 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

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

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

PHYSICAL EDUCATION & SPORT REQUIRED COURSES: 47 credit hours

Course Number	Course Title	Credits	Prerequisites
EXS 311	Sport Psychology [UWR]	3	
EXS 321	Applied Anatomy w/Lab	4	<i>BIOL 231 and 232 or consent of instructor</i>
EXS 321L	Applied Anatomy Laboratory	0	<i>Must be taken concurrently with EXS 321</i>
EXS 322	Biomechanics w/Lab	4	<i>EXS 321 or consent of instructor</i>
EXS 322L	Biomechanics Laboratory	0	<i>Must be taken concurrently with EXS 322</i>
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	0	<i>Must be taken concurrently with EXS 323</i>
EXS 423	Sport Skill Analysis	3	<i>EXS 321 & 322</i>

Course Number	Course Title	Credits	Prerequisites
EXS 440	Motor Development	3	<i>EXS 311 recommended</i>
EXS 444	Adapted Physical Activity	3	<i>EXS 440 or consent of instructor</i>
EXS 453	Motor Learning and Control w/Lab	4	<i>EXS 323 or consent of instructor</i>
EXS 453L	Motor Learning and Control Lab	0	<i>Must be taken concurrently with EXS 453</i>
PES 270	History Philosophy & Ethics of Sport	3	
PES 294	Teaching Team Sports	4	
PES 359	Prevention and Care of Athletic Injury	3	
PES 394	Teaching Games/Dance/Gymnastics	3	<i>PES 294</i>
PES 470	Sport Management	3	
PES 494	Teaching Individual Lifetime Sports	3	<i>PES 394</i>

Select at least 1 credit from the following courses:

Course Number	Course Title	Credits	Prerequisites
CH 252	First Aid & Safety	3	
PES 364	Scientific Basis of Coaching Youth Sports	3	

Total credits required for major: 70

Checksheet valid from summer 2020 – spring 2022