Health and Human Performance w/Nature And Outdoor Recreation Programming Concentration

Complete all institutional graduation requirements.

Health and Human Performance w/Nature And Outdoor Recreation Programming Concentration requires a minimum of 65 credits to complete the major. A grade of “C-” or better is required for each course counting towards the major and a cumulative GPA of 2.00 is required for completion of the major. S/U courses may not be elected for program requirements.

Available both on-campus and online with a two week summer residency requirement. 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, A statistics course - PSY 327; STAT 243
GTW: WR 121, LIB 127

*Transfer students with 90 credits or more satisfy the requirement for HHP 131 Professional Careers and Foundations in HHP

Health and Human Performance Core Required Courses: 20 credits

- **BIOL 231 - Human Anatomy & Physiology I w/Lab** Credits: 4
- **BIOL 231L - Human Anatomy/Physiology I Lab** Credits: 0
  - Lab is for on-campus students
- **BIOL 232 - Human Anatomy & Physiology II w/Lab** Credits: 4
- **BIOL 232L - Human Anatomy/Physiology II Lab** Credits: 0
  - Lab is for on-campus students
- **BIOL 233 - Human Anatomy & Physiology III w/Lab** Credits: 4
- **BIOL 233L - Human Anatomy & Physiology III Lab** Credits: 0
  - Lab is for on-campus students
- **HHP 131 - Professional Careers & Foundations in HHP** GTW Credits: 2
- **HHP 312 - Measurement and Evaluation in Physical Activity and Health** Credits: 3
- **HHP 350 - Behavior Change Theory** Credits: 3

Nature And Outdoor Recreation Programming Required Courses: 33 credits

- **CH 198 - Outdoor Act/Lifetime Wellness** Credits: 3
- **OUT 201 - Intro to Outdoor Recreation Management** Credits: 3
- **OUT 221 - Wilderness Survival** Credits: 3
- **OUT 352 - Wilderness First Responder** Credits: 3
- **EXS 333 - Environmental Exercise Physiology** Credits: 3
- **CH 412 - Program Planning (Capstone)** Credits: 3
Electives: 12 credits

Complete 12 credit hours and at least 3 courses from the following course list:

- **COM 211 - Small Group Communication** Credits: 4
- **OUT 220 - Avalanche Fundamentals: Processes and Leadership** Credits: 2
- **CH 225 - General Nutrition** Credits: 3
- **CH 298 - Lifetime Fitness** Credits: 3
- **CH 352 - Cultural Competence in Health Education and Health Promotion** Credits: 4
- **HHP 496 - Capstone** Credits: 2-5
- **OUT 499 - Outdoor Recreation Internship** Credits: 1-15

Total credits required for major: 65

Last EPCC update - November 2022

Previous EPCC update January 2022 see [2022-2023 Academic Program Checksheets](#) for checksheet

Previous EPCC Checksheet (March 2021 update) this checksheet is for summer 2021-spring 2022

EPCC update March 2021 *Concentration name change from Outdoor Recreation Programming*

Previous EPCC Checksheet (March 2020 update) this checksheet is for summer 2020-spring 2021

Previous EPCC Checksheet (March 2019 update) this checksheet is for summer 2019-spring 2020

Four Year Plan

**HHP-Nature and Outdoor Recreation Programming Typical Four Year Curriculum**