

Human Performance B.S.

The undergraduate student seeking a degree in Human Performance includes Exercise Physiology and Motor Behavior/Biomechanics. The graduate should possess the following competencies: (1) knowledge basic and relative to human body function and movement; (2) knowledge of the concepts of exercise science (3) knowledge of concepts of fitness; (4) skill in a variety of physical activities; and (5) an acceptable level of physical fitness.

Core Curriculum Courses

See the Core Curriculum Requirements (<http://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>) 42

Required courses in the major

Students must have and maintain a 2.5 overall GPA in order to take 300- and 400- level classes in the program.

HHPK 144		3
HHPK 172	Systems of the Human Body	3
HHPS 317	Group Exercise Instruction	3
HHPK 211		3
HHPK 213		3
HHPK 335	Kinesiology *	4
HHPK 350	Motor Learning and Motor Control *	3
HHPK 417	Measurement and Evaluation	3
HHPK 450	Exercise Physiology *	4
HHPK 451	Topics in Exercise Science *	4
HHPH 331	Nutrition	3

Required support courses

CHEM 1305	Survey of General Chemistry	3
CHEM 1105	Experimental Survey of General Chemistry: Laboratory Section	1
CHEM 1107	Experimental Survey of Organic and Biochemistry: Laboratory Section	1
CHEM 1307	Survey of Organic and Biochemistry	3
PHYS 1401	College Physics I	4
BSC 2401	US-Hum Anatomy/Physiology I (Grade of "C" or higher required) **	
BSC 2402	Hum Anatomy/Physiology II (Grade of "C" or higher required) **	
MATH 1314	US-College Algebra **	
12 hours electives required including:		12
HHPK 250	Physical Activity Skill I: Conditioning, Individual and Dual Sports	
HHPK 251	GLB/Physical Activity Skills II: Team Sports.	

Minor Required

18 semester hours (9 must be upper level hours) 18

Total Hours

120

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Refer to prerequisite.

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These courses should be used to satisfy Core Curriculum Requirements