

[Please see the Courses section of this catalog for complete course descriptions.](#)

| First Year – 31-32 Hours | | | |
|---|------------|---|------------|
| Fall Semester: | Hrs | Spring Semester: | Hrs |
| HHP 1015: <i>Intro to HHP Professions</i> | 1 | HHP 1000: <i>Personal Health</i> | 3 |
| BIOL 1110/1110L: <i>Principles of Biology I/Lab (Nat Sci)</i> | 4 | CHEM 1110/1110L: <i>General Chemistry I/Lab (Nat Sci)</i> | 4 |
| MATH 1130: <i>College Algebra</i> or 1830: <i>Calculus for Mgmt, Life & Social Sciences (Mathematics)</i> | 3 | FAH: Thought, Values and Beliefs | 3 |
| FAH: Historical Understanding | 3 | FAH: Literature | 3 |
| ENGL 1010 or 1011 (Rhetoric and Writing I) | 3-4 | ENGL 1020 (Rhetoric and Writing II) | 3 |
| Elective (HHP 1010) | 1 | | |
| | 15-16 | | 16 |
| Second Year – 31 Hours | | | |
| Fall Semester: | Hrs | Spring Semester: | Hrs |
| HHP 2300: <i>Applied Anatomy & Physiology</i> | 4 | HHP 3500: <i>Biomechanics</i> | 3 |
| Statistics | 3 | NUTR 1350: <i>Nutrition</i> | 3 |
| FAH: Visual and Performing Arts | 3 | Non-Western Culture | 3 |
| Behavioral and Social Science | 3 | Behavioral and Social Science | 3 |
| Elective | 3 | Elective | 3 |
| | 16 | | 15 |
| Third Year – 30 Hours | | | |
| Fall Semester: | Hrs | Spring Semester: | Hrs |
| HHP 3170: <i>Exercise Physiology</i> | 3 | HHP 3030: <i>Community & Environmental Health</i> | 3 |
| NUTR 3340: <i>Life Cycle Nutrition</i> | 3 | HHP 3100: <i>Applied Research Methods</i> | 3 |
| ENGL 2820: <i>Scientific Writing</i> | 3 | NUTR 3380: <i>Sports Nutrition</i> | 3 |
| Elective | 3 | Elective | 3 |
| Elective | 3 | Elective | 3 |
| | 15 | | 15 |
| Fourth Year – 27-28 Hours | | | |
| Fall Semester: | Hrs | Spring Semester: | Hrs |
| HHP 4280: <i>Exercise Prescription in Health & Disease</i> | 3 | HHP 4490: <i>Physical Activity Epidemiology</i> | 3 |
| HHP 4290: <i>Exercise Prescription Lab</i> | 1 | HHP 4220: <i>Principles of Health Behavior Change</i> | 3 |
| HHP 4350: <i>Worksite Health Promotion</i> | 3 | HHP 4120: <i>Principles of Resistance Training</i> | 3 |
| Elective (3000-4000 Level) | 3 | Elective (3000-4000 Level) | 3 |
| Elective | 3 | Elective | 2-3 |
| | 13 | | 14-15 |

| Completed: | | | |
|--------------------------------------|------------|--|------------|
| Graduation Requirements: | Hrs | Degree Requirements: | Hrs |
| 120 Total Hours | | 30-31 General Education Hours | |
| 39 Upper Division (3000-4000) Hours* | | 59 Program (Major) Hours | |
| 30 Hours at UTC | | Minor (<i>Not Required</i>) | |
| 60 Hours at 4-year Institution | | 30-31 Elective Hours | |
| | | Foreign Language (<i>Not Required</i>) | |