

[Please refer to the Undergraduate Catalog for further program requirements and course descriptions.](#)

First Year – 31-36 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
Writing and Communication (ENGL 1010 or 1011)	3-4	Writing and Communication (ENGL 1020)	3
BIOL 1110/1110L: <i>Principles of Biology I/Lab</i> (Natural Science)	4	CHEM 1110/1110L: <i>General Chemistry I/Lab</i> (Natural Science)	4
MATH 1130: <i>College Algebra</i> , MATH 1830: <i>Calculus for Mgmt, Life & Social Sci.</i> , or MATH 1950: <i>Calculus w/ Analytic Geometry I</i> (Quantitative Reasoning)	3-4	HHP 1000: <i>Personal Health</i>	3
Humanities and Fine Arts	3-4	HHP 1015: <i>Intro to Exercise and Health Sciences</i>	2
Humanities and Fine Arts	3-4	Humanities and Fine Arts	3-4
	16-20		15-16
Second Year – 29-32 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
HHP 2300: <i>Anatomical & Physiological Basis of Movement</i>	4	HHP 3170: <i>Exercise Physiology</i>	3
Quantitative Reasoning (Statistics)	3	HHP 3180: <i>Kinesiology</i>	3
Humanities and Fine Arts	3-4	NUTR 1350: <i>Nutrition</i>	3
Behavioral and Social Science	3	Behavioral and Social Science	3
Elective	3	Elective	1-3
	16-17		13-15
Third Year – 26-31 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
HHP 4120: <i>Principles of Resistance Training</i>	3	HHP 3030: <i>Community & Environmental Health</i>	3
NUTR 3340: <i>Life Cycle Nutrition</i>	3	HHP 3700: <i>Research Methods in Exercise Science & Health Promotion</i>	3
ENGL 2820: <i>Scientific Writing</i>	3	NUTR 3380: <i>Sports Nutrition</i>	3
Individual and Global Citizenship	3-4	Elective	3
Elective	1-3	Elective	1-3
	13-16		13-15
Fourth Year – 27-28 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
HHP 4280: <i>Exercise Prescription for Healthy Populations</i>	3	HHP 4350: <i>Health Promotion & Programming</i>	3
HHP 4290: <i>Exercise Prescription Lab</i>	1	HHP 4490: <i>Physical Activity & Chronic Disease</i>	3
HHP 4220: <i>Principles of Health Behavior Change</i>	3	Elective	3
Elective	3	Elective (3000-4000 Level)	3
Elective	3	Elective (3000-4000 Level)	2-3
	13		14-15

Completed:			
Graduation Requirements:	Hrs	Degree Requirements:	Hrs
120 Total Hours		30-36 General Education Hours	
39 Upper Division (3000-4000) Hours		60-61 Program (Major) Hours	
30 Hours at UTC		Minor (<i>Not Required</i>)	
45 Hours at 4-year Institution		23-30 Elective Hours	
		Foreign Language (<i>Not Required</i>)	