

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

First Year – 31-33 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
ENGL 1010 or 1011 (Rhetoric and Writing I)	3-4	ENGL 1020 (Rhetoric and Writing II)	3
BIOL 1110/1110L: <i>Principles of Biology I/Lab</i> (Nat Sci)	4	CHEM 1110/1110L: <i>General Chemistry I/Lab</i> (Nat Sci)	4
MATH 1130: <i>College Algebra</i> , 1830: <i>Calculus for Mgmt, Life & Social Sci.</i> , or 1950: <i>Calculus w/ Analytic Geometry</i> (Mathematics)	3-4	HHP 1000: <i>Personal Health</i>	3
FAH: Historical Understanding	3	HHP 1015: <i>Intro to HHP Professions</i>	1
FAH: Thought, Values and Beliefs	3	FAH: Literature	3
		Elective (HHP 1010)	1
	16-18		15
Second Year – 31 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
HHP 2300: <i>Anatomical & Physiological Basis of Movement</i>	4	HHP 3180: <i>Kinesiology</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
HHP 4120: <i>Principles of Resistance Training</i>	3	HHP 3700: <i>Research Methods in Exercise Science & Health Promotion</i>	3
NUTR 3340: <i>Life Cycle Nutrition</i>	3	NUTR 3380: <i>Sports Nutrition</i>	3
ENGL 2820: <i>Scientific Writing</i>	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 4350: <i>Worksite Health Promotion</i>	3
HHP 4290: <i>Exercise Prescription Lab</i>	1	HHP 4490: <i>Physical Activity Epidemiology</i>	3
HHP 4220: <i>Principles of Health Behavior Change</i>	3	Elective	3
Elective	3	Elective	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		59-60 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>)	