

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

<b>First Year – 31-34 Hours</b>			
<b>Fall Semester:</b>	<b>Hrs</b>	<b>Spring Semester:</b>	<b>Hrs</b>
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 1730: <i>Combined Precalculus</i> , MATH 1830: <i>Calculus for Mgmt., Life and Social Sci.</i> , or MATH 1950: <i>Calculus w/ Analytic Geometry I</i> (Quantitative Reasoning)	3-4	HHP 1000: <i>Personal Health</i>	3
Writing and Communication (ENGL 1010 or 1011)	3-4	HHP 1015: <i>Intro to Exercise and Health Sciences</i>	2
Behavioral and Social Science	3	MATH 2100: <i>Intro Statistics</i> (Quantitative Reasoning)	3
Humanities and Fine Arts	3-4	Writing and Communication (ENGL 1020)	3
	16-19		15
<b>Second Year – 30-34 Hours</b>			
<b>Fall Semester:</b>	<b>Hrs</b>	<b>Spring Semester:</b>	<b>Hrs</b>
ENGL 2820: <i>Scientific Writing</i>	3	HHP 3030: <i>Community Health</i>	3
NUTR 1350: <i>Nutrition</i>	3	HHP 3700: <i>Research Methods in Exercise Science and Health Promotion</i>	3
Behavioral and Social Science*	3	Minor or Approved Specialization Course	3
Humanities and Fine Arts	3-4	Humanities and Fine Arts	3-4
Humanities and Fine Arts	3-4	Individual and Global Citizenship	3-4
	15-17		15-17
<b>Third Year – 27-31 Hours</b>			
<b>Fall Semester:</b>	<b>Hrs</b>	<b>Spring Semester:</b>	<b>Hrs</b>
HHP 3000: <i>Anatomical and Physiological Basis of Health and Disease</i>	4	HHP 3170: <i>Exercise Physiology</i>	3
NUTR 3340: <i>Life Cycle Nutrition</i>	3	HHP 3280: <i>Kinesiology of Exercise</i>	3
Minor or Approved Specialization Course	3	NUTR 3380: <i>Sports Nutrition</i>	3
Minor or Approved Specialization Course	3	Minor or Approved Specialization Course	3
Elective	2-3	Elective	0-3
	15-16		12-15
<b>Fourth Year – 25-28 Hours</b>			
<b>Fall Semester:</b>	<b>Hrs</b>	<b>Spring Semester:</b>	<b>Hrs</b>
HHP 4220: <i>Principles of Health Behavior Change</i>	3	HHP 4350: <i>Health Promotion and Programming</i>	3
HHP 4280: <i>Exercise Prescription for Healthy Populations</i>	3	HHP 4490: <i>Physical Activity and Chronic Disease</i>	3
HHP 4290: <i>Exercise Prescription Lab</i>	1	Approved Internship or Experiential Learning Course	3
Approved Internship or Experiential Learning Course	3	Minor or Approved Specialization Course	3
Minor or Approved Specialization Course	3	Elective	0-3
	13		12-15

\*Specialization Course options may affect General Education selection

<b>Completed:</b>			
<b>Graduation Requirements:</b>	<b>Hrs</b>	<b>Degree Requirements:</b>	<b>Hrs</b>
120 Total Hours		27-33 General Education Hours	
39 Upper Division (3000-4000 Level) Hours		66-67 Program (Major) Hours	
30 Hours at UTC		18 Minor/Specialization Hours	
45 Hours at 4-year Institution		2-9 Elective Hours	
		Foreign Language ( <i>Not Required</i> )	