

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

First Year – 31-34 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
BIOL 1110/1110L: <i>Principles of Biology I/Lab</i> (Natural Science)	4	CHEM 1050/1050L: <i>Principles of Chemistry/Lab</i> or 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 Science</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>Introduction to Exercise and Health Sciences</i>	2
Behavioral and Social Science	3	MATH 2100: <i>Introductory Statistics</i> (Quantitative Reasoning)	3
Humanities and Fine Arts	3-4	Writing and Communication (ENGL 1020)	3
	16-19		15
Second Year – 30-34 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
ENGL 2820: <i>Scientific Writing</i>	3	HHP 3700: <i>Research Methods in Exercise and Health Sciences</i>	3
NUTR 1350: <i>Nutrition</i>	3	Humanities and Fine Arts	3-4
Behavioral and Social Science	3	Individual and Global Citizenship	3-4
Humanities and Fine Arts	3-4	Elective	3
Humanities and Fine Arts	3-4	Elective	3
	15-17		15-17
Third Year – 28-31 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
HHP 3000: <i>Anatomical and Physiological Basis of Health and Disease</i>	4	HHP 3170: <i>Exercise Physiology</i>	3
HHP 3620: <i>Psychology of Sport and Exercise</i>	3	HHP 3280: <i>Kinesiology of Exercise</i>	3
Elective	3	HHP 3400: <i>Care and Prevention of Athletic Injuries</i>	3
Elective	3	NUTR 3380: <i>Sports Nutrition</i>	3
Elective	3	Elective	0-3
	16		12-15
Fourth Year – 24-28 Hours			
Fall Semester:	Hrs	Spring Semester:	Hrs
HHP 4120: <i>Principles of Resistance Training</i>	3	HHP 3750: <i>Resistance Training Techniques</i>	3
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	HHP 4950: <i>Internship in Exercise and Health Science s</i>	3
Elective	2-6		
	12-16		12

Completed:			
Graduation Requirements:	Hrs	Degree Requirements:	Hrs
120 Total Hours		27-33 General Education Hours	
39 Upper Division (3000-4000 Level) Hours		69-70 Program (Major) Hours	
30 Hours at UTC		Minor (<i>Not Required</i>)	
45 Hours at 4-year Institution		17-24 Elective Hours	
		Foreign Language (<i>Not Required</i>)	