HEALTH, KINESIOLOGY, AND LEISURE STUDIES

Dr. Margaret E. Wooddy, Director

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Total for Degree (minimum 124 semester hours)</td>
<td>(124)</td>
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<tr>
<td>Minimum - 36 hrs. advanced total with at least 18 hrs. in residence</td>
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<td>Minimum - 60 hrs. in residence, including the last 30 hrs</td>
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<td>Graduation Requirements – 2.0 GPA overall and in major.</td>
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<td>No course may be taken pass-fail.</td>
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**Basic Requirements**

- **ENG** 1310 Writing and Academic Inquiry Seminars 3
- **ENG** 2301 British Literature 3
- **ENG** 2310 American Literary Cultures 3
- **ENG** 2306 World Literature 3
- **History** 6
  - **PSY** 1305 Psychological Science: Understanding Human Behavior 6
  - **SOC** 1305 Introduction to Sociology
  - **PSC** 1387 The U.S. Constitution, Its Interpretation, and the American Political Experience 3
  - **REL** 1310 The Christian Scriptures 6
  - **REL** 1350 The Christian Heritage
- **Mathematics** 3
  - Select three semester hours from the following:
    - **CSI** 1430 Introduction to Computer Science I with Laboratory 3
    - **CSI** 3303 Information Technology
    - **BUS** 1305 Software Applications for Personal Productivity
  - **HP** 1420 Human Anatomy (and four semester hours laboratory science course) 8
  - Select 5-6 semester hours of Fine Arts from the following:
    - **CSS** 1301 Fundamentals of Public Communication 5-6
    - **CSS** 1302 Speech for Business and Professional Students
  - Art, Music, or Theatre Arts
- Select four semesters of Lifetime Fitness including: 4
  - **PUBH** 1145 Health and Human Behavior 3
  - **& LF** 1134 Fitness Theory and Practice
- **Chapel** – two semesters 0

**Major Requirements**

**HHPR**

Select nine semester hours from each of the following three groups: 27

**Group 1**

- **PUBH** 2313 Consumer Health
- **PUBH** 3313 Nutrition
- **PUBH** 3314 Environmental Health
- **PUBH** 3317 Mood-Modifying Substances
- **PUBH** 3320 Stress Management/Mental-Emotional Health

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<tbody>
<tr>
<td>PUBH 4321</td>
<td>Human Sexuality</td>
</tr>
<tr>
<td>PUBH 4327</td>
<td>Dying and Death Education</td>
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<td>Other PUBH courses as approved by program director</td>
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**Group 2**

- **HP** 2304 Advanced First Aid
- **HP** 2306 Anatomical Kinesiology
- **HP** 2420 Exercise Physiology
- **HP** 3368 Adapted Human Performance
- **HP** 3381 Fundamentals of Human Performance
- **HP** 3382 Risk Management in HHPR
- **HP** 4352 Exercise and Sport Nutrition
- **HP** 4354 Techniques of Strength Training and Conditioning
- **HP** 4363 Philosophy, Principles, and Administration of Human Performance
- **HP** 4368 Motor Learning and Development
- **HP** 4369 Sports Psychology
- **HP** 4372 Sociology of Sport
- **HP** 4393 Facilities and Equipment in HHPR
- Other HP courses as approved by program director

**Group 3**

- **RLS** 1396 Introduction to Leisure Services
- **RLS** 2301 Camp Counseling and Administration
- **RLS** 2388 Leisure and Lifestyle Well-Being
- **RLS** 2389 Leadership and Facilitation in Leisure Services
- **RLS** 3301 Theory & Practice of Outdoor Adventure Programs
- **RLS** 3302 Program Planning in Leisure Services
- **RLS** 3382 Risk Management in HHPR
- **RLS** 4301 Outdoor Education
- **RLS** 4392 Professional Issues and Practices in Leisure Services
- **RLS** 4393 Facilities and Equipment in HHPR
- **RLS** 4395 Principles of Church Recreation
- **RLS** 4396 Considerations for Diverse Populations in Leisure Programming
- Other RLS courses as approved by program director

**HHPR Electives**

Select nine semester hours from the following: 9

- Selected from any professional courses within the HHPR Department.
  - **HP** 1202 First Aid
  - **HP** 1233 Red Cross Water Safety
  - **HP** 1236 Dance Choreography
  - **RLS** 1234 Canoeing Instructor Certification
  - **RLS** 1235 Sailing & Canoeing Instructor
- Any “3000” level sports skill series course
- “1000” level one-hour activity courses may not be taken to meet this requirement.

**General Electives**

- **PUBH** 1202 First Aid
- **PUBH** 1233 Red Cross Water Safety
- **PUBH** 1236 Dance Choreography
- **RLS** 1234 Canoeing Instructor Certification
- **RLS** 1235 Sailing & Canoeing Instructor
- Any “3000” level sports skill series course
- “1000” level one-hour activity courses may not be taken to meet this requirement.
To be taken from any academic unit in the University, excluding HHPR.

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<tr>
<th>Total Hours</th>
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<tr>
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