HEALTH, KINSEIOLOGY, AND LEISURE STUDIES

Dr. Margaret E. Wooddy, Director

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

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

**Major Requirements**

**HHPR**

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>PUBH 2313</td>
<td>Consumer Health</td>
</tr>
<tr>
<td>PUBH 3313</td>
<td>Nutrition</td>
</tr>
<tr>
<td>PUBH 3314</td>
<td>Environmental Health</td>
</tr>
<tr>
<td>PUBH 3317</td>
<td>Mood-Modifying Substances</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUBH 3320</td>
<td>Stress Management/Mental-Emotional Health</td>
<td></td>
</tr>
<tr>
<td>PUBH 4321</td>
<td>Human Sexuality</td>
<td></td>
</tr>
<tr>
<td>PUBH 4327</td>
<td>Dying and Death Education</td>
<td></td>
</tr>
<tr>
<td>Other PUBH courses as approved by program director</td>
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<td></td>
</tr>
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**Group 2**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>HP 2304</td>
<td>Advanced First Aid</td>
</tr>
<tr>
<td>HP 2306</td>
<td>Anatomical Kinesiology</td>
</tr>
<tr>
<td>HP 2420</td>
<td>Exercise Physiology</td>
</tr>
<tr>
<td>HP 3368</td>
<td>Adapted Human Performance</td>
</tr>
<tr>
<td>HP 3381</td>
<td>Fundamentals of Human Performance</td>
</tr>
<tr>
<td>HP 3382</td>
<td>Risk Management in HHPR</td>
</tr>
<tr>
<td>HP 4350</td>
<td></td>
</tr>
<tr>
<td>HP 4352</td>
<td>Exercise and Sport Nutrition</td>
</tr>
<tr>
<td>HP 4354</td>
<td>Techniques of Strength Training and Conditioning</td>
</tr>
<tr>
<td>HP 4363</td>
<td>Philosophy, Principles, and Administration of Human Performance</td>
</tr>
<tr>
<td>HP 4368</td>
<td>Motor Learning and Development</td>
</tr>
<tr>
<td>HP 4369</td>
<td>Sports Psychology</td>
</tr>
<tr>
<td>HP 4372</td>
<td>Sociology of Sport</td>
</tr>
<tr>
<td>HP 4393</td>
<td>Facilities and Equipment in HHPR</td>
</tr>
<tr>
<td>Other HP courses as approved by program director</td>
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</tbody>
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**Group 3**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>RLS 1396</td>
<td>Introduction to Leisure Services</td>
</tr>
<tr>
<td>RLS 2301</td>
<td>Camp Counseling and Administration</td>
</tr>
<tr>
<td>RLS 2388</td>
<td>Leisure and Lifestyle Well-Being</td>
</tr>
<tr>
<td>RLS 2389</td>
<td>Leadership and Facilitation in Leisure Services</td>
</tr>
<tr>
<td>RLS 3301</td>
<td>Theory &amp; Practice of Outdoor Adventure Programs</td>
</tr>
<tr>
<td>RLS 3302</td>
<td>Program Planning in Leisure Services</td>
</tr>
<tr>
<td>RLS 3382</td>
<td>Risk Management in HHPR</td>
</tr>
<tr>
<td>RLS 4301</td>
<td>Outdoor Education</td>
</tr>
<tr>
<td>RLS 4393</td>
<td>Facilities and Equipment in HHPR</td>
</tr>
<tr>
<td>RLS 4395</td>
<td>Principles of Church Recreation</td>
</tr>
<tr>
<td>RLS 4396</td>
<td>Considerations for Diverse Populations in Leisure Programming</td>
</tr>
<tr>
<td>Other RLS courses as approved by program director</td>
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**HHPR Electives**

Select nine semester hours from the following: 9

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>Selected from any professional courses within the HHPR Department.</td>
<td></td>
</tr>
<tr>
<td>HP 1202</td>
<td>First Aid</td>
</tr>
<tr>
<td>HP 1233</td>
<td>Red Cross Water Safety</td>
</tr>
<tr>
<td>HP 1236</td>
<td>Dance Choreography</td>
</tr>
<tr>
<td>RLS 1234</td>
<td>Canoeing Instructor Certification</td>
</tr>
<tr>
<td>RLS 1235</td>
<td>Sailing &amp; Canoeing Instructor</td>
</tr>
<tr>
<td>Any “3000” level sports skill series course</td>
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</tr>
<tr>
<td>“1000” level one-hour activity courses may not be taken to meet this requirement.</td>
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**General Electives**
To be taken from any academic unit in the University, excluding HHPR.

| Total Hours | 124-125 |