

# HEALTH, KINESIOLOGY, AND LEISURE STUDIES

Dr. Margaret E. Woody, Director

Code	Title	Hours
<b>Requirements</b>		
Total for Degree (minimum 124 semester hours)		(124)
Minimum - 36 hrs. advanced total with at least 18 hrs. in residence		
Minimum - 60 hrs. in residence, including the last 30 hrs		
Graduation Requirements – 2.0 GPA overall and in major.		
No course may be taken pass-fail.		
<b>Basic Requirements</b>		
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 & SOC 1305	Psychological Science: Understanding Human Behavior and Introduction to Sociology	6
PSC 1387	The U.S. Constitution, Its Interpretation, and the American Political Experience	3
REL 1310 & REL 1350	The Christian Scriptures and The Christian Heritage	6
Mathematics		3
Select three semester hours from the following:		3
CSI 1430	Introduction to Computer Science I with Laboratory	
CSI 3303	Information Technology	
or 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:		5-6
CSS 1301	Fundamentals of Public Communication	
or CSS 1302	Speech for Business and Professional Students	
Art, Music, or Theatre Arts		
Select four semesters of Lifetime Fitness including:		4
PUBH 1145 & LF 1134	Health and Human Behavior and Fitness Theory and Practice	
Chapel – two semesters		0
<b>Major Requirements</b>		
<b>HHPR</b>		
Select nine semester hours from each of the following three groups:		27
<b>Group 1</b>		
PUBH 2313	Consumer Health	
PUBH 3313	Nutrition	
PUBH 3314	Environmental Health	
PUBH 3317	Mood-Modifying Substances	
PUBH 3320	Stress Management/Mental-Emotional Health	

PUBH 4321	Human Sexuality
PUBH 4327	Dying and Death Education
Other PUBH courses as approved by program director	
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	

To be taken from any academic unit in the University, excluding HHPR. 32

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**Total Hours** 124-125