

Health and Human Performance: Performance (Non-Clinical) Track

Bachelor of Science

DEGREE PLAN

Common Core for

Health and Human Performance 39-40 Hours

BIBLICAL LITERACY — SELECT TWO COURSES 6

REL 1013	Old Testament History and Literature	3
REL 1023	New Testament History and Literature	3
REL 3073	Biblical Ethics	3

WRITING AND LITERATURE 6

ENGL 1153	English Composition: Exposition and Argument	3
ENGL 1163	English: Composition and Classical Literature	3

SCIENTIFIC LITERACY 4-5

CHEM 1105	General Chemistry I	5
or GNSC 1124	Issues in Biology	4

WELLNESS AND LIFELONG FITNESS 2

PHED	Activity Course	1
PHED 1001	The Wellness Lifestyle (Concepts in Fitness)	1

HISTORY AND LITERATURE 12

ENGL 2013	European Civilization: Literature	3
and HIST 2013	European Civilization: History	3

SELECT ONE PAIR

ENGL 2023	Modern West: Literature	3
and HIST 2023	Modern West: History	3

ENGL 2033	World Civilizations: Literature	3
and HIST 2033	World Civilizations: History	3

FINE ARTS — SELECT ONE COURSE 3

FNAR 2063	Arts and Western Culture	3
FNAR 2163	Arts and Ideas	3

MODERN FOREIGN LANGUAGES & MULTICULTURAL EXPERIENCE[†] 6

—	Modern Foreign Language Course	3
—	Modern Foreign Language Course	3

Flex Core 14 Hours

COMS 1092	Introduction to Speech Communication	2
MATH 2003	Basic Statistics	3
PSYC 1223	Introduction to Psychology	3

SELECT ONE COURSE

MATH 1163	College Algebra	3
MATH 1173	College Trigonometry	3
MATH 2013	Analytic Geometry and Calculus I	3

SELECT ONE COURSE

POLI 1223	American National Government	3
SOCI 1223	Introduction to Sociology	3

Area of Concentration

56-58 Hours

HHP 1011	Introduction to Health and Human Performance	1
HHP 1101	First Aid/CPR	1
HHP 1723	Care and Prevention of Athletic Injuries	3
HHP 1733	Introduction to Nutrition	3
HHP 2534	Functional Human Musculoskeletal Anatomy	4
HHP 2603	Introduction to Exercise Physiology	3
HHP 3103	Motor Learning of Sports and Movement Skills	3
HHP 3233	Sport and Exercise Psychology	3
HHP 3403	Sport and Exercise Nutrition	3
HHP 3504	Exercise Testing and Prescription	4
HHP 4099	Clinical Internship in Health and Human Performance 2-4	2-4
HHP 4183	Principles of Organization and Administration	3
HHP 4833	Introduction to Biomechanics	3

SELECT TWENTY HOURS

BIOL 2354	Human Anatomy	4
BIOL 2364	Human Physiology	4
CHEM 1115	General Chemistry II	5
HHP 1999	Topics in Health and Human Performance	1-4
HHP 2011	Adapted Physical Education	1
HHP 2201	Teach/Design Fitness Activities	1
HHP 2353	Legal Issues in Health and Human Performance and Sport	3
HHP 2999	Independent Study in Health and Human Performance 1-4	1-4
HHP 3053	Advanced Athletic Injury Recognition, Evaluation and Management	3
HHP 3223	Psychology of Coaching	3
HHP 3553	Current Health Issues	3
HHP 3709	Cancer Rehabilitation	1-4
HHP 3713	Exercise and Cancer Research	3
HHP 3804	Exercise Physiology	4
HHP 3911	Advanced Coaching Pedagogy	1
HHP 4003	Therapeutic Modalities in Sports	3
HHP 4109	ACSM Certification	1-2
HHP 4329	Advanced Topics in Health and Human Performance	1-4
HHP 4999	Independent Study in Health and Human Performance	1-4
NURS 1153	Medical Terminology	3
PHYS 2414	College Physics I	4
PHYS 2424	College Physics II	4
PHYS 2515	University Physics I	5
PHYS 2525	University Physics II	5
PSYC 2043	Child and Adolescent Development	3
PSYC 4723	Abnormal Psychology	3
SOCI 3303	Aging and Death	3
SPED 3022	Introduction to Exceptional Child	2

Electives

15-19 Hours

Courses selected on the basis of student interest in consultation with faculty advisor.

Total Hours

Common Core for Health and Human Performance	39-40
Flex Core	14
Area of Concentration	56-58
Electives	15-19

Total hours required for graduation 128

No D's will be accepted in the area of concentration and the supportive courses or in courses comprising majors and minors.

* Other courses for which the student meets the prerequisites also qualify.

† All students must take two sequential courses of the same language at the appropriate level or an approved Multicultural Experience which includes Modern Foreign Language. For more information on these requirements, visit okbu.edu/catalog/foreign-language.