

**HUMAN PERFORMANCE AND SPORT SCIENCES, CONCENTRATION-EXERCISE SCIENCE ACADEMIC MAP:  
 DEGREE BS (120 CREDIT HOURS)**

This degree map is a semester-by-semester sample course schedule for students majoring in **Human Performance and Sport Sciences with a concentration in Exercise Science**. The milestones listed to the right of each semester are designed to keep a student on track to graduate in four years. The schedule serves as a general guideline to help build a full schedule each semester. Milestones are courses and special requirements necessary for timely progress to complete a major. When one or more milestones are missed, students should consult with an academic advisor to determine if another degree path would be more suitable.

The Department of Human Performance and Sport Sciences prepares students for professional careers in the following areas of concentration: Exercise Science. Graduates will be able to evaluate, plan for and counsel individuals in the areas of fitness, athletics, and cardiac rehabilitation. Students are being prepared for advanced degree work in exercise physiology, physical therapy, and other health fields, including medical school, as well as positions as personal trainers and health fitness instructors with both hospital-based wellness programs and corporate fitness programs. The department focuses on the development of competent leaders for our diverse society, who will promote the essentials of quality living, as well as excellence in teaching and serving.

Tennessee State University recognizes that students have diverse learning, life, and professional experiences. The University provides opportunities for students to earn college credit toward the degree through a number of assessment options that evaluate their learning experiences. These paths are grouped under the category "Prior Learning Assessment" (PLA). Various means of earning PLA credit at TSU are the following: Advanced Placement Program, American Council of Education (ACE) Military Credit, College Level Exam Program (CLEP), DSST Credit by Examination Program (includes DANTE'S Examination), Institutional Course Challenge Exams (Departmental Exams), International Baccalaureate Credit, Other Military Service, Portfolio Assessment. To learn more about PLA contact your academic advisor or the Office of Student Support Services for Adult and Distance Learners at (615) 963-7001 or [adultstudentsupport@tnstate.edu](mailto:adultstudentsupport@tnstate.edu).

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Department Web Address: <http://www.tnstate.edu/hpss/>

Fall Schedule		Milestones
<b>Semester 1</b>	<b>Hrs.</b>	<b>Semester 1</b>
ENGL 1010 Composition I	3	Pre-Requisite Course: Must be taken before ENGL 1020, and HIST 2010, HIST 2020, HIST 2030, HIST 2060, HIST 2070, or HIST 2700; Minimum grade "C" Required.
MATH 1110 College Algebra or Higher	3	Minimum Grade of "C" Required.
Humanities Elective*	3	Minimum Grade of "C" Required.
HPSS 2060 First Aid/CPR	3	Minimum Grade of "C" Required.
HPER 1010-1053	1	Minimum Grade of "C" Required.
UNIV 1000 Orientation**	1	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>14</b>	Note: Freshman/Sophomore. Classes may be taken during summer terms when available.

\*Students must take a 3 credit hour course from the following list of approved general education Humanities courses: AREN 2310, ART, 1010, THTR 1020, MUSC 1010, PHIL 1030, HIST 1000, or RELS 2010.

\*\*An Orientation course taken at another University does **NOT** meet this requirement. Students with less than 60 credit hours must take UNIV 1000 at TSU.

Spring Schedule		Milestones
<b>Semester 2</b>	<b>Hrs.</b>	<b>Semester 2</b>
ENGL 1020 Composition II	3	Pre-Requisite Course: Must be taken before taking HIST 2010, HIST 2020, HIST 2030, HIST 2060, HIST 2070, or HIST 2700; Minimum grade "C" Required.
HPSS 1510 Health and Wellness	3	Minimum Grade of "C" Required.
Humanities Elective*	3	Minimum Grade of "C" Required.
COMM 2200 Public Speaking	3	Minimum Grade of "C" Required.
HPSS 2270 Fund Rhythms & Music for Dance	2	Minimum Grade of "C" Required.
HPSS 2020 Theory of Aquatics	1	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>15</b>	Note: Freshman/Sophomore. Classes may be taken during summer terms when available.

\*Students must take a 3 credit hour course from the following list of approved general education Humanities courses: AREN 2310, ART, 1010, THTR 1020, MUSC 1010, PHIL 1030, HIST 1000, or RELS 2010. Students must remember **NOT** to duplicate course option from previous semester.

Fall Schedule		Milestones
<b>Semester 3</b>	<b>Hrs.</b>	<b>Semester 3</b>
ENGL Literature*	3	Minimum Grade of "C" Required.
Natural Sciences Elective**	4	Minimum Grade of "C" Required.
HIST 2010/2030: Choose one	3	Minimum Grade of "C" Required.
HPSS 2010 Fund & Tech of Team Sports	1	Minimum Grade of "C" Required.
HPSS 2030 Fund & Tech of Individual Sports	1	Minimum Grade of "C" Required.
PSYC 2010 General Psychology	3	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>15</b>	

\*Courses within the range of ENGL 1012-2320 will meet this requirement

\*\*Natural Science-Students must have 8 semester hours which includes the appropriate lab. The recommended courses are: BIOL 1020/1021, BIOL 1010/1011, BIOL 1110/1111, BIOL 1120/1112, CHEM 1030/1031, CHEM 1110/1111, CHEM 1120/1121, PHYS 2010/2011, CHEM 1040/1041.

Spring Schedule		Milestones
<b>Semester 4</b>	<b>Hrs.</b>	<b>Semester 4</b>
Natural Sciences Elective*	4	Minimum Grade of "C" Required.
HPSS 2310 Anatomy & Physiology	3	Minimum Grade of "C" Required.
HIST 2020 or HIST 2030	3	Minimum Grade of "C" Required.
HPSS 3340 History & Philosophy of Physical Ed.	3	Minimum Grade of "C" Required.
HPSS 2040 Fun & Tech of Lifetime Sports	1	Minimum Grade of "C" Required.
HPER 1011 Elementary Swimming	1	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>15</b>	Note: Freshman/Sophomore. Classes may be taken during summer terms when available.

\*Natural Science-Students must have 8 semester hours which includes the appropriate lab. The recommended courses are: BIOL 1020/1021, BIOL 1010/1011, BIOL 1110/1111, BIOL 1120/1112, CHEM 1030/1031, CHEM 1110/1111, CHEM 1120/1121, PHYS 2010/2011, CHEM 1040/1041.

Fall Schedule		Milestones
<b>Semester 5</b>	<b>Hrs.</b>	<b>Semester 5</b>
HPSS 3040 Elements of Safety	2	Minimum Grade of "C" Required.
HPSS 4150 Elements of School & Sport Law	3	Minimum Grade of "C" Required.
HPSS 3140/3130 Phys. Of Exercise/Kinesiology	3	Minimum Grade of "C" Required.
HPSS 4240-4260	2	Minimum Grade of "C" Required.
HPSS Elec./Minor 3000/4000*	2	Minimum Grade of "C" Required.
HPSS Elec./Minor 3000/4000*	3	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>15</b>	

\*HPSS Elective/Minor courses should be selected in consultation with HPSS advisor.

Spring Schedule		Milestones
<b>Semester 6</b>	<b>Hrs.</b>	<b>Semester 6</b>
HPSS 3130/3140 Phys. of Exercise/Kinesiology	3	Minimum Grade of "C" Required.
HPSS 3310 Measurement & Evaluation in P.E.	3	Minimum Grade of "C" Required.
HPSS 3030 Consumer & Community Health	3	Minimum Grade of "C" Required.
HPSS 3050 Family Health & Sexuality	3	Minimum Grade of "C" Required.
HPSS Elec./Minor 3000/4000*	2	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>14</b>	

\*HPSS Elective/Minor courses should be selected in consultation with HPSS advisor.

Fall Schedule		Milestones
<b>Semester 7</b>	<b>Hrs.</b>	<b>Semester 7</b>
HPSS 4007 Current Issues	3	Minimum Grade of "C" Required.
HPSS 4505 Senior Writing Project	3	Minimum Grade of "C" Required.
HPSS Elec./Minor 3000/4000*	3	Minimum Grade of "C" Required.
HPSS Elec./Minor 3000/4000*	3	Minimum Grade of "C" Required.
HPSS Elec./Minor 3000/4000*	3	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>15</b>	

\*HPSS Elective/Minor courses should be selected in consultation with HPSS advisor.

Spring Schedule		Milestones
<b>Semester 8</b>	<b>Hrs.</b>	<b>Semester 8</b>
		Take Senior Exit Exam and Apply for Graduation.
HPSS 4020 Mgt. & Org. of HPER & Sports Law	3	Minimum Grade of "C" Required.
HPSS 3080 Officiating Techniques	2	Minimum Grade of "C" Required.
HPSS 4730 Field Experience	3	Minimum Grade of "C" Required.
HPSS Elec. / Minor 3000/4000*	3	Minimum Grade of "C" Required.
HPSS Elec. / Minor 3000/4000*	3	Minimum Grade of "C" Required.
HPSS Elec. / Minor 3000/4000*	3	Minimum Grade of "C" Required.
<b>Total Hours</b>	<b>17</b>	

\*HPSS Elective/Minor courses should be selected in consultation with HPSS advisor.

**Employment Information:**

The Human Performance and Sport Sciences program with a concentration in Exercise Science prepares students for careers in community physical fitness entities: public, private, corporate, commercial and clinical settings.

**Representative Job Titles Related to this Major**

Exercise Leader, Fitness Instructor/Consultant, Corporate Fitness Manager, Exercise Testing Technician, Fitness Club Manager, Activities Director, Health & Fitness Advisor, Exercise Physiologist.

**International Study is available for all TSU students and may include opportunities for internships or taking course work towards various minors.** International study may have an impact on the academic map; therefore, it is important to consult with the academic advisor for this major before participating in an international Program opportunity. Students interested in study abroad opportunities should contact the Office of International Programs and consult with their academic advisor.

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This map is not intended to be a contract; either expressed or implied, between the University and the students, but represents a flexible program of the current curriculum which may be altered from time to time to carry out the academic objectives of the University. TSU specifically reserves the right to change, delete or add to any MAP at any time within the student's period of study at the University.