

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

This degree map is a semester-by-semester 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: Advance Placement Program, American Council of Education (ACE) Military Credit, American Council on Education (ACE) other Assessed Credit, College Level Exam Program (CLEP), DSST Credit by Examination Program (includes DANTES 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 (615) 963-7001.

**Department Chair:** TBD

**Mapping Coordinator:** TBD

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

Fall Schedule		Milestones
Semester 1	Hrs.	Semester 1
ENGL 1010 Composition I	3	Minimum Grade of "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 1210, HIST 1220 or RELS 2010.

Spring Schedule		Milestones
<b>Semester 2</b>	<b>Hrs.</b>	<b>Semester 2</b>
ENGL 1020 Composition II	3	Minimum Grade of "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 1210, HIST 1220 or RELS 2010.

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 1012-1013 will meet this requirement

\*\*\* Natural Science- Students must have 8 semester hours which includes the appropriate lab. The recommended courses are: BIOL 1020/1021, CHEM 1040/1041, PHYS 2020/2021 or ASTR 1020.

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 3040 Fund & 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, CHEM 1040/1041, PHYS 2020/2021 or ASTR 1020.

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*****	3	Minimum Grade of "C" Required
HPSS Elec. / Minor 3000/4000*****	3	Minimum Grade of "C" Required
<b>Total hours</b>	<b>16</b>	

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*****	3	Minimum Grade of "C" Required
<b>Total hours</b>	<b>15</b>	

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>	

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*****	2	Minimum Grade of "C" Required
<b>Total hours***</b>	<b>16</b>	<b>(120 Total hours)</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 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.

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.

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