**** Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Student T#: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Bachelor of Science Degree in Human Performance Sports Science**

**Exercise Science**

**FRESHMEN YEAR (31Hours)**

**FALL Semester** **Total Credit Hours 15**

ENGL 1010 Composition I 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 1510 Health & Wellness 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

Humanities Electives 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 1400 Introduction to Exercise Science 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

UNIV 1000 Orientation 1 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPER 1011 Elementary Swimming 1 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPER 1030 Weight Training 1 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

**SPRING Semester** **Total Credit Hours 16**

ENGL 1020 Composition II 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

MATH 1110 or higher-College Algebra I 3 cr.hr. \_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

PSYC 2010-General Psychology 3 cr.hr. \_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 2060 First Aid and CPR 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

Natural Science Elective\*\* 4 cr.hr. \_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

**\*Students must take university approved general education course.**

**\*\* An Orientation course taken at another University does NOT meet this requirement. Students with less than 6-credit hours must take UNIV 1000 at TSU.**

**SOPHOMORE YEAR (31 HOURS)**

**FALL Semester Total Credit Hours 16**

ENGL 2110-2322\* 3 cr.hr. \_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

Natural Science Elective\*\* 4 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HIST 2010/2030: Choose one 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

COMM 2200 Public Speaking 3 cr.hr. \_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3030 Personal Community Health 3 cr.hr. \_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

**SPRING Semester Total Credit Hours 15**

Humanities Electives 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 2310 Anatomy & Physiology 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HIST 2020 or 2030 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3130 Kinesiology 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 2000 HPSS Fund & Tech of Sports Skills 3 cr. hr.\_\_\_\_ Semester\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

**\*Courses within the range of ENGL 2110-2322 will meet this requirement.**

**\*\* Natural Science – students must have 4 semester hours which includes the appropriate lab. The recommended courses are: BIOL 1020/1021, CHEM 1030/1031, PHYS 2020/2021 or ASTR 1020.**

**JUNIOR YEAR (31 HOURS)**

**FALL Semester Total Credit Hours 15**

HPSS 3400 Sports Medicine 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3310 Measurement & Evaluation 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3140 Exercise Physiology 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3750 Social Implications of Sport 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3000/4000 Level Elective\* 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

**SPRING Semester Total Credit Hours 16**

HPSS 3360 Exercise Testing & Prescription 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3361 Exercise Testing & Prescription Lab 1 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3200 Sports Psychology 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 4020 Health and Fitness Management 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3060 Nutrition for Health, Fitness, & Sport 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 3000/4000 level \* active 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

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

**SENIOR YEAR RESIDENCY (27 HOURS)**

**FALL Semester Total Credit Hours 15**

HPSS 4505 Senior Writing Project 3 cr.hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 4030 Exercise for Special Populations 3 cr. hr.\_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 4530 Exercise Leadership 3 cr. hr.\_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 4550 Corporate Wellness 3 cr. hr.\_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 300/4000 level elective\* 3 cr. hr.\_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

**SPRING Semester Total Credit Hours 12**

HPSS 4330 Advanced Strength & Conditioning3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 4007 Current Issues 3 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

HPSS 4730 Field Experience 6 cr. hr. \_\_\_\_\_ Semester\_\_\_\_\_ Grade\_\_\_\_\_ Trans. Institution \_\_\_\_\_

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

Advised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Advised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_

Advised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Advised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_