

Human Performance

BACHELOR OF SCIENCE

Though coursework, research, laboratory, and internship experiences, the Human Performance Option prepares students with a thorough understanding of human movement. Students in this option are equally well-prepared for work in professional positions in medical, community, corporate, or school settings such as:

- rehabilitation programs
- fitness centers
- strength and training
- medical sales

Or for graduate study in any of the diverse disciplines that deal with human movement including:

- physical therapy
- occupational therapy
- athletic training
- exercise physiology
- kinesiology
- physician assistant, etc.

Coursework involves study in multiple disciplines and emphasizes the broad scientific basis on which sound clinical insight and understanding are based, while research, laboratory work, and internships provide students with valuable experience applying their understanding of human movement. Students are expected to develop a thorough understanding of human movement across the wide range of its physiological, neuro-

logical, mechanical, and nutritional dimensions, enabling them to serve as effective practitioners in the diverse, expanding and evolving fields related to human movement.

Human Performance Required Courses:

HHP 100 Foundations of Exercise Science
HHP 212 First Responder Emergency Care
HHP 300 Motor Learning & Control
HHP 301 Motor Learning & Control Lab
HHP 330 Health Behavior Theories
HHP 362 Basic Athletic Training
HHP 364 Research Methods in HHP
HHP 430 Exercise Physiology
HHP 431 Exercise Physiology Lab
HHP 432 Nutrition in HHP
HHP 445 Exercise Testing & Prescription
HHP 463 Kinesiology & Biomechanics
HHP 464 Kinesiology & Biomechanics Lab
HHP 490 Internship
HHP 499 Senior Thesis

Possible Elective Courses Include:

BIOL 221 Human Nutrition
CHMY 141 College Chemistry
HHP 435 Health Aspects of Aging
HHP 436 Stress Management
HLTH 150 Health Occupations Terminology
PHYS 110 College Physics
PSYX 222 Psychological Statistics
STAT 216 Introduction to Statistics



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