

**THE UNIVERSITY OF TENNESSEE AT MARTIN**  
**B.S. in Health and Human Performance**  
**Concentration: EXERCISE SCIENCE AND WELLNESS**

**120/121 Semester Hours**

**Catalog 2017-2018**

NAME \_\_\_\_\_

ID # \_\_\_\_\_

Course	Grade	Hours	Course	Grade	Hours
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**General Education Core (38/39 hours)**

ZOOL 251 (min. C grade required)	_____	4
COMM 230	_____	3
ENG 110 or 111*	_____	3/4
ENG 112	_____	3
HLTH 111	_____	3
BIOL 140 (min. C grade required)	_____	4
MATH 140 or above	_____	3
NUTR 100	_____	3

**Fine Arts Elective: (3-hours)**

***(Choose from approved gen. ed. listing)***

_____	_____	3
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**Humanities Elective (select 9-hours):**

***(Choose from approved gen. ed. listing)***

**Exercise Science/Wellness Core (22 hours)**

EXSC 305	_____	3
EXSC 430	_____	3
EXSC 429 (take w/ 430)	_____	1
EXSC 431	_____	3
HPER 327	_____	3
HPER 350	_____	3
HPER 440	_____	3

One course from a specialty area

EXSC 433*** or 434** or 436** or 435	_____	3
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All EXSC courses require completing ZOOL 251

\*\*EXSC 430 is the pre req.

\*\*\*EXSC 431 is the pre req.

**Additional HHP EXSC/Wellness electives**

**Requirements – choose 48 hours from:**

ATRN; BIOL 130, 300, 336; CHEM 111-112 or 121-122; CFS 100; CSCI 201; EXSC, HHP, HLTH, HPER, HPED MBIO 251, 310, OR 311; MUS, 365; NUTR 322, 422, 433, PHIL 110, 120, 160, 350; PACT (max 4-hr); PHYS 150, 101-102 or 211-212; PSYCH 101,312, 313, 325 or 350; SOC 101, 201, 202; SPMG; MATH 210 GERO LDSP, NURS, ZOOL 352 (Workshops in the HHP Department require instructor approval)

All EXSC courses require completing ZOOL 251

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**Total    48**

**World of Practice (12 hours)**

HPER 491	_____	12
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**Senior Year**

ETS Academic Profile Test	_____	_____
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HHP Exit Exam (HPER 491)	_____	_____
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HHP Exit Interview	_____	_____
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**\*\* The university requires a grade of "C" or better in English 110 or 111 and 112.**

**\*\* A letter grade of "C" or better is required in all Health and Human Performance departmental courses.**