



Ferrum College Eight-Semester Plans

FERRUM COLLEGE B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE Exercise Science Emphasis

FRESHMAN (FALL)

Course Number	Credits
PSY 201 Psychology	3
Liberal Arts Core (History)	3
HHP 200 Health & Wellness	3
GWS 101 Freshmen Gateway Seminar	2
ENG 101 Composition and Rhetoric (grade of "C" or higher required)	3
TOTAL	14

FRESHMAN (SPRING)

Course Number	Credits
Activity	1
Liberal Arts Core (History)	3
Liberal Arts Core (Bible Based)	3
BIO 111 Intro Biology	4
ENG 102 Composition and Research (grade of "C" or higher required)	3
TOTAL/CUMULATIVE TOTAL	14/28

SOPHOMORE (FALL)

Course Number	Credits
BIO 254 Human Anatomy & Physiology I (IL)	4
MTH 111 Pre-Calculus I	3
Liberal Arts Core (REL/PHI)	3
HHP 252 Fund Health & Wellness	3
Liberal Arts Core (Math)	3
Activity	1
TOTAL	17/45

SOPHOMORE (SPRING)

Course Number	Credits
BIO 255 Human Anatomy & Physiology II	4
Liberal Arts Core (Literature)	3
Speaking Intensive (grade of "C" or higher required)	3
Writing Intensive (WI) or 2 nd Literature (grade of "C" or higher required)	3
Liberal Arts Core (Fine Arts)	3
E-term	3
TOTAL	19/64

THIRD YEAR (FALL)

Course Number	Credits
HHP 100 Responding in Emergencies	1
CHM 103 General Chemistry	4
HHP 355 Physiology of Exercise	3
HHP 357 Applied Exercise Physiology	1
HHP 206 Athletic Injuries (or HHP 332 Spring)	3
MTH 208 Introductory Statistics	3
TOTAL	15/79

THIRD YEAR (SPRING)

Course Number	Credits
HHP-338 Motor Learning	3
Science Course 1**	4
HHP 341 Biomechanics	1
HHP 340 Kinesiology	3
HHP 348 Sports Nutrition	3
HHP 332 Intro to Strength & Cond (or HHP 206 fall)	3
TOTAL (14 counted due to 206 OR 332)	14/93

FOURTH YEAR (FALL)

Course Number	Credits
Activity	1
Science Course 2**	4

FOURTH YEAR (SPRING)

Course Number	Credits
Science Course 3**	4



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OTHER elective	3
HHP 345 Sports Psychology	3
HHP 361 Exercise Testing & Assessment	3
TOTAL	14/107

HHP 400 Advanced Exercise Science or HHP 410 NSCA Prep: Strength & Cond	3-4
HHP 450 Capstone Course (WI) (grade of "C" or higher required)	3
HHP-499 Internship	4
TOTAL	14/121

**** The Exercise Science Emphasis requires three (3) Science courses. 4 credits each chosen from CHM 105, CHM 220, CHM 301, CHM 315, PHY 201, PHY 202, or other approved Science equivalent.**

OTHER electives can be courses chosen for a Minor or student interest. Possible Minors include Coaching, Recreation, Psychology, Social Work, or Business.