



Ferrum College Eight-Semester Plans

FERRUM COLLEGE B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE–Exercise Science with Coaching Minor

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
HHP 130 - 199	1
Liberal Arts Core (History)	3
Elective to reach 121 required hours	3
BIO 111 Intro Biology II	4
ENG 102 Composition and Research (grade of "C" or higher required)	3
TOTAL	14

SOPHOMORE (FALL)

Course Number	Credits
BIO 254 Human Anatomy & Physiology I	4
MTH 111 Pre-Calculus I	3
Liberal Arts Core (REL/PHI)	3
HHP 252 Fund Health & Wellness	3
HHP 206 Athletic Injuries	3
TOTAL	16

SOPHOMORE (SPRING)

Course Number	Credits
BIO 255 Human Anatomy & Physiology II	4
Liberal Arts Core (Literature)	3
MTH 208 Introductory Statistics	3
THA 222 Voice and Diction (SI) (grade of "C" or higher required)	3
E-term	3
TOTAL	16

JUNIOR (FALL)

Course Number	Credits
Writing Intensive (WI) or 2 nd Literature (grade of "C" or higher required)	3
CHM 103 General Chemistry	4
HHP 355 Physiology of Exercise	3
HHP 357 Applied Exercise Physiology	1
HHP 330 Coaching the Athlete	3
Liberal Arts Core (Bible-based)	3
TOTAL	17

JUNIOR (SPRING)

Course Number	Credits
HHP-338 Motor Learning	3
CHM 105 Organic & Biochemistry	4
HHP 341 Biomechanics	1
HHP 340 Kinesiology	3
HHP 402 Organization & Admin of Sport	3
TOTAL	14

SENIOR (FALL)

Course Number	Credits
PHY 201 General Physics II	4
HHP 100 Responding to Emergencies	1
HHP 345 Sports Psychology	3
HHP 361 Exerc Assessment & Prescrip	3
Elective to Reach 121 Required Hours	2
TOTAL	13

SENIOR (SPRING)

Course Number	Credits
PHY 202 General Physics II	4
HHP 400 Advanced Exercise Science	3
HHP 450 Capstone Course (WI) (grade of "C" or higher required)	3
HHP 348 Sports Nutrition	3
HHP-499 Internship	4
TOTAL	17

TOTAL HOURS REQUIRED FOR B.S. DEGREE IN - HEALTH & HUMAN PERFORMANCE–Exercise Science with Coaching Minor: 121