



Ferrum College Eight-Semester Plans

FERRUM COLLEGE B.S. DEGREE IN HEALTH AND HUMAN PERFORMANCE-Exercise & Sports Studies with Coaching Minor

FRESHMAN (FALL)

Course Number	Credits
ENG 101 Composition and Rhetoric (grade of "C" or higher)	3
GWS 101 Gateway Seminar	2
PSY 201 General Psychology	3
HHP 200 Health and Wellness	3
HHP 130 - 199	1
TOTAL	12

FRESHMAN (SPRING)

Course Number	Credits
ENG 102 Composition and Research (grade of "C" or higher)	3
Liberal Arts Core (History)	3
BIO 111 Introductory to Biology I	4
HHP 100 Responding to Emergencies	1
Elective for Minor or Additional Emphasis	3
TOTAL	14

SOPHOMORE (FALL)

Course Number	Credits
BUS 230 Computer Applications	3
BIO 254 Human Anatomy & Physiology I	4
Liberal Arts Core (History)	3
HHP 252 Health & Human Performance	3
Liberal Arts Core (Bible-based)	3
TOTAL	16

SOPHOMORE (SPRING)

Course Number	Credits
BIO 255 Human Anatomy & Physiology I	4
THA 222 Voice and Diction (SI) (grade of "C" or higher required)	3
HHP 206 Introduction to Athletic Injuries	3
Liberal Arts Core (Literature)	3
Liberal Arts Core (REL/PHI)	3
E-Term	3
TOTAL	19

JUNIOR (FALL)

Course Number	Credits
HHP 345 Sports Psychology	3
Elective for Additional Minor or Emphasis	3
HHP 355 Physiology to Exercise	3
HHP 357 Applied Exercise Physiology	1
Elective for Additional Minor or Emphasis	3
Writing Intensive (WI) (grade of "C" or higher required)	3
TOTAL	16

JUNIOR (SPRING)

Course Number	Credits
HHP 338 Motor Learning	3
HHP 348 Sports Nutrition	3
HHP 340 Kinesiology	3
HHP 341 Applied Biomechanics	1
Elective for Minor or Additional Emphasis	3
Elective for Minor or Additional Emphasis	3
TOTAL	16

SENIOR (FALL)

Course Number	Credits
HHP 332 Strength and Conditioning	3
HHP 330 Coaching the Athlete	3
HHP 361 Exercise Assessment & Prescription	3
Elective for Additional Minor or Emphasis	3
Elective for Additional Minor or Emphasis	3
TOTAL	15

SENIOR (SPRING)

Course Number	Credits
HHP 499 Internship	4
HHP 402 Organization/Administration of Sports	3
HHP 450 Capstone - Design/Application (WI) (grade of "C" or higher required)	3
HHP 400 Advanced Exercise Science	3
TOTAL	13

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