



Ferrum College Eight-Semester Plans

FERRUM COLLEGE B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE Health and Fitness Management Emphasis

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 100 Responding to Emergencies	1
Liberal Arts Core (HIS 1)	3
BIO 111 Introductory Biology II	4
TOTAL	16

FRESHMAN (SPRING)

Course Number	Credits
ENG 102 Composition and Research (grade of "C" or higher)	3
Liberal Arts Core (HIS 2)	3
Liberal Arts Core (Fine Art)	3
HHP 200 Health and Wellness	3
Liberal Arts Core (Math)	3
TOTAL	15/31

SOPHOMORE (FALL)

Course Number	Credits
Liberal Arts Core (Literature)	3
BIO 254 Human Anatomy & Physiology I	4
HHP 210 ACE Group Fitness	2
HHP 252 Health & Human Performance	3
Liberal Arts Core (Bible-based)	3
TOTAL	15/46

SOPHOMORE (SPRING)

Course Number	Credits
BIO 255 Human Anatomy & Physiology II	4
Speaking Intensive (grade of "C" or higher required)	3
Writing Intensive (WI) (grade of "C" or higher required)	3
BUS 1 (Business APPROVED elective)	3
Liberal Arts Core (REL/PHI)	3
E-Term	3
TOTAL (16 for Semester and 3 for E-Term)	19/65

THIRD YEAR (FALL)

Course Number	Credits
HHP 206 Intro to Athletic Injuries	3
HHP 345 Sports Psychology	3
HHP 355 Physiology of Exercise	3
HHP 357 Applied Exercise Physiology	1
OTHER elective	3

THIRD YEAR (SPRING)

Course Number	Credits
HHP-338 Motor Learning	3
OTHER elective	3
HHP 341 Biomechanics	1
HHP 340 Kinesiology	3
HHP 348 Sports Nutrition	3
HHP 332 Intro to Strength & Cond	3



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TOTAL	13/78
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TOTAL	16/94
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FOURTH YEAR (FALL) Course Number	Credits
Activity if needed	1
APPROVED Elective	3
OTHER elective	3
HHP 361 Exercise Testing & Assessment	3
HHP 330 Coaching the Athlete	3
TOTAL	13/107

FOURTH YEAR (SPRING) Course Number	Credits
Activity if needed	1
BUS 2 (Business approved elective)	3
HHP 450 Capstone Course (WI) (grade of "C" or higher required)	3
HHP 402 Organization and Admin of Sport or REC 410 Rec Administration	3
HHP-499 Internship	4
TOTAL	14/121

6 hours Business (BUS) APPROVED electives include ACC 110, BUS 230, BUS 250, BUS 303, BUS 403, and REC 450

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

APPROVED electives include HHP 210, HHP 310, HHP 410, or REC 275