



## Ferrum College Eight-Semester Plans

### FERRUM COLLEGE B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE: Health Promotion with Coaching Minor

#### FRESHMAN (FALL)

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

#### FRESHMAN (SPRING)

Course Number	Credits
MTH 105 Fundamentals of Math or higher	3
BIO 111 Introductory Biology II	4
Liberal Arts Core (History)	3
HHP 100 Responding to Emergencies	1
ENG 102 Composition and Research (grade of "C" or higher required)	3
<b>TOTAL</b>	<b>14</b>

#### SOPHOMORE (FALL)

Course Number	Credits
BIO 254 Human Anatomy & Physiology I	4
Liberal Arts Core (Bible-based)	3
HHP 206 Intro to Athletic Injuries	3
HHP 252 Fundamentals of HHP Professions	3
Liberal Arts Core (Literature)	3
<b>TOTAL</b>	<b>16</b>

#### SOPHOMORE (SPRING)

Course Number	Credits
BIO 255 Human Anatomy & Physiology II	4
Writing Intensive (WI) (grade of "C" or higher required)	3
SCI 127, 134, or 139	2
THA 222 (grade of "C" or higher required for SI)	3
Liberal Arts Core (REL/PHI)	3
E-term	3
<b>TOTAL</b>	<b>18</b>

#### JUNIOR (FALL)

Course Number	Credits
HHP 330 Coaching the Athlete	3
HHP 355 Physiology of Exercise	3
HHP 357 Applied Exercise Physiology	1
SCI 101-145	2
HHP 345 Sport Psychology	3
HHP 130-199	1
<b>TOTAL</b>	<b>13</b>

#### JUNIOR (SPRING)

Course Number	Credits
HHP 338 Motor Learning	3
HHP 340 Kinesiology	3
HHP 341 Applied Biomechanics	3
PSY 328 Health Psychology (odd)	3
HHP 348 Sports Nutrition	3
<b>TOTAL</b>	<b>15</b>

#### SENIOR (FALL)

Course Number	Credits
HHP 401 Teaching Health Education (odd)	3
REC 341 Program Planning & Leadership	3
SWK 350 Substance Abuse	3
Elective to Reach 121 Required Hours	3
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<b>TOTAL</b>	<b>15</b>

#### SENIOR (SPRING)

Course Number	Credits
HHP 400 Advanced Exercise Science	3
HHP 450 (WI) (grade of "C" or higher required)	3
HHP 499 Internship	4
HHP 402 Organization & Administration of Sport	3
<b>TOTAL</b>	<b>13</b>

**TOTAL HOURS REQUIRED FOR B.S. DEGREE IN HEALTH & HUMAN PERFORMANCE: Health Promotion with Coaching Minor - 121**