

HEALTH AND HUMAN PERFORMANCE, BACHELOR OF SCIENCE

The Bachelor of Science (BS) degree in Health and Human Performance at ASU offers a broad interdisciplinary curriculum that integrates concepts from various fields related to health, wellness, fitness, and human performance. Students in this degree program will be required to demonstrate a comprehensive understanding of human anatomy, physiology, exercise physiology, biomechanics, nutrition, injury prevention, rehabilitation techniques, and sports medicine principles prior to graduation. This degree will prepare students for a variety of careers in health promotion, fitness management, wellness coaching, community health education, corporate wellness, public health, and related fields. Graduates may also pursue advanced degrees in areas such as exercise physiology, public health, nutrition, athletic training or allied health professions such as physical therapy or occupational therapy.

Students enrolled in this degree pathway will be required to choose one of the following degree concentrations:

Exercise Science Concentration

This concentration focus on the principles of exercise prescription, fitness assessment, exercise programming, and the physiological responses to exercise. Students will learn about topics such as exercise physiology, kinesiology, motor learning, and exercise prescription for different populations (e.g., athletes, older adults, individuals with chronic conditions).

Sports Medicine Concentration

In this concentration, students will delve into topics related to injury prevention, assessment, and rehabilitation in athletic populations. This will include courses on sports injury management, therapeutic modalities, orthopedic assessment, emergency care in sports, and principles of athletic training.

Internship and Capstone Experiences

Students will be required to complete up to 100 hours of clinical internship and capstone experiences prior to graduation.

Additional Degree Requirements

A minimum grade of C is required in in the Field of Study and all major courses.

Code	Title	Semester Hours
Core IMPACTS (http://catalog.asurams.edu/undergraduate/core-curriculum/#coreimpactstext)		42
Field of Study ²		
BIOL 2411K	Human Anatomy and Physiology I	4
BIOL 2412K	Human Anatomy and Physiology II	4
HHUP 2213	Introduction to Exercise Science	3
Advisor approved electives (suggestions below)		7

COHP 2110	Nutrition	
HHUP 2289	Care and Prevention of Athletic Injuries	
WELL 1007	Aquatics I	
Major Requirements (33 hours)		
HHUP 2289	Care and Prevention of Athletic Injuries	3
HHUP 4400	Introduction to Research Methods in Exercise and Sport Science	3
HHUP 3001	Sports Nutrition	3
HHUP 3002	Psychological Aspects of Exercise	3
HHUP 3004	Kinesiology	3
HHUP 3003	Exercise physiology	3
HHUP 3005	Applied Exercise Physiology	3
HHUP 3007	Group Instructions	3
HHUP 3006	Fitness Assessment & Interpretation	3
HHUP 4300	Principles of Strength and Conditioning	3
HHUP 4500	Test & Measurements in Exercise Science	3
Exercise Science		
HHUP 3008	Progressive Resistance Program Design	3
HHUP 4092	Exercise Prescription & Implementation	3
HHUP 4093	Exercise for the Special Population	3
HHUP 4090	Administration & Supervision in Health and Fitness	3
HHUP 3009	Biomechanics	3
HHUP 4600	Capstone Internship I	3
Electives		9
First-Year and Wellness Course Requirements Outside the Core		
ASU 1101	First Year Experience: Pathways to Success	1
HEDP, WELL	Health & Wellness Requirement ¹	2
Total Semester Hours		123

¹ The health & wellness requirement may be fulfilled by taking one - two (2) credit hour health or wellness course OR two one (1) credit hour health or wellness activity courses.

² A grade of C or better is required for the field of study.

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Sports Medicine		
HHUP 3120	Therapeutic Modalities	3
HHUP 4103	Orthopedic Assessment in Sports Medicine	3
HHUP 4100	General medical Conditions and Pharmacology	3
HHUP 3121K	Therapeutic Exercise	3
HHUP 4102	Clinical Internship	3
Electives – 12 Hours (Consult with Faculty Advisor)		12
First-Year and Wellness Course Requirements Outside the Core		
ASU 1101	First Year Experience: Pathways to Success	1
HEDP, WELL	Health & Wellness Requirement ¹	2
Total Semester Hours		123

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