

# Health and Human Performance Major w/Exercise Science Concentration



EASTERN OREGON  
UNIVERSITY

## DEGREE PROGRAM CHECK SHEET

Complete all Institutional Graduation Requirements (Including University Writing Requirement, Diversity Requirement, General Education Requirement, etc.) as provided at <http://www.eou.edu/registrar>.

### Program Requirements:

- Health and Human Performance Major w/Exercise Science Concentration is a minimum 60 graded credit hour degree. A grade of “C-” or better is required for each course counting towards the major, but a cumulative grade of C [2.00] is required for completion of the major.
- Achieve a standard of health related fitness by achieving the 65th percentile on a physical ability test. This must be completed as part of a designated course (HWS 298, EXS 323), or in some other faculty approved format.
- Competency (certification) in First Aid and CPR.

**The Health and Human Performance Major w/Exercise Concentration is available on-campus and online. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.**

### *Program recommended general education courses;*

*SSC: PSY 201, 202; SOC 204; ANTH 201*

*SMI: BIO 211, 212, 213; CHEM 204, 205, 206; PHYS 201, 202, 203*

*GTW: WR 121, LIB 127*

### **CORE REQUIRED COURSES: 30 credits**

<b>Course #</b>	<b>Title [and course information]</b>	<b>Credit(s)</b>	<b>Prerequisites(s)</b>
<b>BIOL 231</b>	Human Anatomy & Physiology I w/Lab	4	<i>MATH 070</i>
BIOL 231L*	Human Anatomy & Physiology Laboratory	0	<i>Must be taken concurrently with BIOL 231</i>
<i>*BIOL 231L is for on-campus students</i>			
<b>BIOL 232</b>	Human Anatomy & Physiology II w/Lab	4	<i>BIOL 231</i>
BIOL 232L*	Human Anatomy & Physiology Laboratory	0	<i>Must be taken concurrently with BIOL 232</i>
<i>*BIOL 232L is for on-campus students</i>			
<b>BIOL 233</b>	Human Anatomy & Physiology III w/Lab	4	<i>BIOL 232</i>

BIOL 233L\* Human Anatomy & Physiology Laboratory 0 *Must be taken concurrently with BIOL 233*

*\*BIOL 233L is for on-campus students*

<b>PES 131</b>	Foundations of Physical Activity and Health	2	
<b>HWS 350</b>	Behavior Change Theory	3	
<b>PES 270</b>	History, Philosophy and Ethics of Sport	3	
<b>EXS 312</b>	Measurement & Eval Physical Activity & Health	3	
<b>EXS 323</b>	Physiology of Exercise I w/Lab [UWR]	4	<i>BIOL 321 &amp; 232 or consent of instructor</i>
<b>EXS 323L</b>	Physiology of Exercise Laboratory	0	<i>Must be taken concurrently with EXS 323</i>
<b>PES 495</b>	Capstone Seminar	1	<i>Consent of instructor</i>
<b>PES 496</b>	Capstone Course	2-5	<i>PES 495, consent of instructor</i>

**EXERCISE SCIENCE REQUIRED COURSES: 23 credit hours**

<b>Course #</b>	<b>Title [and course information]</b>	<b>Credit(s)</b>	<b>Prerequisite(s)</b>
<b>EXS 321</b>	Applied Anatomy w/Lab	4	<i>BIOL 231, 232 &amp; 233 or consent instructor</i>
<b>EXS 321L</b>	Applied Anatomy Laboratory	0	<i>Must be taken concurrently with EXS 321</i>
<b>EXS 322</b>	Biomechanics w/Lab	4	<i>EXS 321 or consent of instructor</i>
<b>EXS 322L</b>	Biomechanics Laboratory	0	<i>Must be taken concurrently with EXS 322</i>
<b>HWS 325</b>	Nutrition and Sport Performance	4	<i>BIOL 231, BIOL 232 or HWS 225</i>
<b>EXS 451</b>	Physiology of Exercise II w/Lab	4	<i>EXS 323</i>
<b>EXS 452</b>	Physical Activity in Disease Prevention	3	<i>EXS 323</i>
<b>EXS 453</b>	Motor Learning and Control w/Lab	4	

**EXERCISE SCIENCE ELECTIVE COURSES: 7 credit hours**

*Complete at least 7 credit hours from the following courses:*

<b>Course #</b>	<b>Title [and course information]</b>	<b>Credit(s)</b>	<b>Prerequisite(s)</b>
<b>STAT 327</b>	Statistics & Experimental Design [SMI]	5	<i>Graduation math requirement met</i>
<b>EXS 311</b>	Sports Psychology [UWR]	3	
<b>HWS 351</b>	Intro to Community Health [UWR]	3	
<b>PES 359</b>	Prevention and Care of Athletic Injury	3	

**Total credits required for major: 60**

Last EPCC update March 2019