

# HEALTH AND HUMAN PERFORMANCE (BS)



This program was approved for students entering the university in the Summer 2023–Spring 2024 catalog year. For more information about catalog year, go to Catalog Year Information (<http://catalog.louisville.edu/undergraduate/university-wide-unit-specific-policies/catalog-year/>).

## Bachelor of Science in Health and Human Performance

Unit: College of Education and Human Development (<http://www.louisville.edu/edu/>)

Department: Health & Sport Sciences (HSS) (<http://louisville.edu/education/departments/hss/>)

Academic Plan Code(s): See Track Requirements tab.

## Program Requirements

All students completing the Bachelor of Science degree in Health and Human Performance must complete the core classes, program requirements, and at least one track, along with appropriate related and supporting or elective courses. The core provides students with a background in the social, physiological and historical knowledge needed for their chosen profession.

The Exercise Science track prepares students for careers as exercise professionals in the specific fields of strength and conditioning, fitness and corporate wellness, and clinical rehabilitation. Curriculum is designed to maximize certification exam success and follows guidelines set by the American College of Sports Medicine and the National Strength and Conditioning Association.

The Youth Sports Development track prepares students by integrating knowledge of sports skills, fitness skills, coaching skills, and teaching skills. Curriculum is designed to prepare students for careers in coaching, fitness organizations, and youth leagues.

The Health and Physical Education P-12 Teacher Certification track assists students in acquiring the skills, knowledge, and dispositions to become effective and committed health and physical education teachers. Extensive school-based fieldwork experiences are integrated into the curriculum.

## Degree Summary

Code	Title	Hours
	General Education Requirements ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> ) <sup>1</sup>	31

(At least 9 hours of General Education requirements may be satisfied through coursework required by the degree program)

College/School Requirements	6
Program/Major Requirements <sup>1</sup>	25
Track Requirements <sup>1</sup>	70-71
<b>Minimum Total Hours</b>	<b>123</b>

<sup>1</sup> Some courses required in this degree program may satisfy multiple requirements. To complete the degree in the **minimum number of hours** listed, some hours from the General Education Requirements must be satisfied by courses defined by the unit and/or program. Using other courses to satisfy General Education requirements will require additional hours to complete the degree requirements or reduce the number of available electives within a track. See the Degree Requirements and Track tabs for specific coursework.

Specific coursework information can be found on the Degree Requirements tab.

## Departmental Admission Requirements

Students must have completed a minimum of 45 credit hours and must have earned a minimum cumulative UofL grade point average of 2.25.

Students must have completed HSS 184 and HSS 320 with a grade of B-minus or higher, and HSS 202 with a grade of C or higher.

In addition to the requirements above, admission to the Health and Physical Education track also requires:

- 2.75 or higher overall GPA
- Minimum test scores as required by the Education Professional Standards Board
- C or better in ENGL 102 (or equivalent) and in Oral Communication course
- Completion of Pre-Professional Courses with a B-minus or better
- Any other requirements as outlined in Application.

## General Education Requirements

Code	Title	Hours
	General Education Requirements ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> ) <sup>1</sup>	31

The following courses are required by the program and should be taken to fulfill the respective General Education Requirement:

HSS 202	Foundations of Anatomy & Physiology - S ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )
HSS 293	Social and Psychological Dimensions of Physical Activity - SB ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )
HSS 377	Foundations of Quantitative Statistics-QR - QR ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )

All degrees require the completion of the University-wide General Education Program (link provided above). To complete the degree in the minimum number of hours listed on the Overview tab, some hours from the General Education Requirements must be satisfied by courses defined by the unit and/or program.

## College/School Requirements

Code	Title	Hours
HSS 181	First-Year Experience	1
Select two (2) Physical Activity Courses (see list below)		2
HSS 184	Healthy Lifestyles I	3
<b>Minimum Total Hours</b>		<b>6</b>

## Program/Major Requirements

Code	Title	Hours
<b>Health and Human Performance Core</b>		
HSS 180	First Aid and Safety Education	3
HSS 202	Foundations of Anatomy & Physiology - S ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 293	Social and Psychological Dimensions of Physical Activity - SB ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 302 or HSS 303	Nutrition in Healthy Living Human Nutrition	3
HSS 318 or HSS 319	Diverse Populations in Physical Activity and Health <sup>2</sup> Adapted Physical Education	3
HSS 320	Growth and Motor Development Across the Lifespan	3
HSS 377	Foundations of Quantitative Statistics-QR - QR ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 387 or HSS 310	Biomechanics <sup>3</sup> Healthy Lifestyles II	3
HSS 402	Practicum in Health and Human Performance	1
<b>Minimum Total Hours</b>		<b>25</b>

Code	Title	Hours
<b>Track Requirements (see Track Requirements tab)</b>		<b>70-71</b>

## Degree Requirements

A minimum of 123 hours with an overall GPA of 2.25 is required. A minimum of 50 hours at the 300-level are required. No grades of D will be accepted in HSS courses used to meet program core or track requirements.

Code	Title	Hours
<b>Culminating Undergraduate Experience (Graduation requirement)</b>		
Requirement fulfilled by completing one of the following:		
<i>Track in Exercise Science</i>		
HSS 486	Advanced Exercise Physiology - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	
<i>Track in Youth Sport Development</i>		
HSS 455	Current Trends and Issues in Health Education - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	

*Track in Health and Physical Education*

HSS 477	Capstone Seminar: Initial Teacher Certification - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	
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Code	Title	Hours
<b>Physical Activity Courses</b>		
HSS 101	Beginning Swimming	1
HSS 102	Advanced Swimming	1
HSS 103	Life Saving	1
HSS 104	Scuba	1
HSS 108	Water Fitness	1
HSS 109	Weight Training	1
HSS 110	Physical Fitness and Conditioning	1
HSS 111	Aerobic Fitness	1
HSS 112	Mini-Marathon Training	1
HSS 114	Fitness Walking	1
HSS 115	Step Aerobics	1
HSS 116	Introduction to Yoga	1
HSS 117	Intermediate Yoga	1
HSS 118	Beginning Martial Arts	1
HSS 119	Intermediate Martial Arts	1
HSS 120	Beginning Racquetball	1
HSS 121	Billiards and Table Games	1
HSS 122	Badminton	1
HSS 123	Tennis	1
HSS 124	Advanced Tennis	1
HSS 125	Golf	1
HSS 126	Tumbling and Apparatus	1
HSS 127	Beginning Fencing	1
HSS 128	Pickleball	1
HSS 132	Canoeing	1
HSS 133	Backpacking and Hiking	1
HSS 134	Rappelling	1
HSS 136	Soccer	1
HSS 137	Volleyball	1
HSS 138	Basketball	1
HSS 140	Softball	1
HSS 144	Physical Activity for the Older Adult	1
HSS 145	Activity for the Physically Challenged	1
HSS 150	Special Topics: Physical Education Activities	1
HSS 160	Beginning Aerobic Dance	1
HSS 161	Intermediate Aerobic Dance	1
HSS 162	Beginning Modern Dance	1
HSS 163	Intermediate Modern Dance	1
HSS 164	Beginning Country Western Dance	1
HSS 165	Ballroom Dance	1
HSS 166	African Dance	1
HSS 167	Country Line Dance	1

<sup>1</sup> To complete the degree in the minimum number of hours listed, some hours from the General Education Requirements must be satisfied by courses defined by the unit and/or program. Using other courses to satisfy General Education requirements will require additional hours to complete the degree requirements (or decrease the listed electives).

<sup>2</sup> HSS 319 is required for tracks in Health & Physical Education and Youth Sport Development.

<sup>3</sup> HSS 387 is required for the track in Exercise Science. HSS 310 is required for tracks in Health & Physical Education and Youth Sport Development.

## Track Requirements

### Track in Exercise Science

Academic Plan Code(s): HHP\_BS\_ESS

Code	Title	Hours
HSS 386	Advanced Anatomy and Physiology I <sup>1</sup>	3
HSS 388	Foundations of Strength and Conditioning	3
HSS 389	Prevention and Care of Athletic Injuries I	3
HSS 390	Advanced Anatomy and Physiology II <sup>1</sup>	3
HSS 394	Foundations of Exercise Physiology	3
HSS 395	Fitness Assessment and Prescription	3
HSS 396	Lab Methods in Fitness Evaluation	3
HSS 486	Advanced Exercise Physiology - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 492	Exercise Science Internship	3
Select one of the following:		2-3
HSS 507	Senior Seminar in Exercise Physiology	
HSS 381 & HSS 391	Advanced Anatomy and Physiology Lab I & Advanced Anatomy and Physiology Lab II <sup>1, 2</sup>	
Electives <sup>3</sup>		40-41
<b>Minimum Total Hours</b>		<b>70</b>

Code	Title	Hours
<b>Culminating Undergraduate Experience (Graduation requirement)</b>		
Requirement fulfilled by completing:		
HSS 486	Advanced Exercise Physiology - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	

<sup>1</sup> Students should take either the entire HSS Advanced Anatomy and Physiology sequence (recommended), or the entire BIOL Anatomy and Physiology sequence (BIOL 260, BIOL 264, BIOL 261, and BIOL 265).

There are no direct equivalents between each A&P course.

<sup>2</sup> HSS 381 should be taken concurrently with or after previous completion of HSS 386. HSS 391 should be taken with or after previous completion of HSS 390.

<sup>3</sup> Consult advisor

### Track in Youth Sport Development

Academic Plan Code(s): HHP\_BS\_PNT

Code	Title	Hours
HSS 200	Introduction to Health Education	3
HSS 270	Introduction to Physical Education	3
HSS 271	Teaching Physical Education	3
HSS 326	Movement Skills and Concepts in Physical Education	3

HSS 327	Invasion and Net Games	3
HSS 328	Target and Fielding Games	3
HSS 384	Teaching Health Education	3
HSS 455	Current Trends and Issues in Health Education - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS Approved Elective Courses <sup>1</sup>		6
General Electives <sup>2</sup>		40
<b>Minimum Total Hours</b>		<b>70</b>

Code	Title	Hours
<b>Culminating Undergraduate Experience (Graduation requirement)</b>		
Requirement fulfilled by completing:		
HSS 455	Current Trends and Issues in Health Education - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	

<sup>1</sup> These HSS electives must be approved by an HSS faculty member or academic counselor.

<sup>2</sup> Consult advisor.

### Track in Health and Physical Education

Academic Plan Code(s): HHP\_BS\_PSH

#### Midpoint Assessment Prior to Student Teaching

All content methods classes passed with a cumulative 3.0 GPA; Electronic documentation of approved field experiences including assessment of dispositions; satisfactory performance on all Hallmark Assessment Tasks; Target performance or better on all rubrics.

Code	Title	Hours
<b>Student Teaching Requirement <sup>1</sup></b>		
HSS 414	Student Teaching in Elementary Physical Education	3
HSS 415	Student Teaching in Health Education	3
HSS 416	Student Teaching in Secondary Physical Education	3

#### Pre-Professional Courses

EDSP 260	Classroom Behavior Management	3
EDTP 107	Human Development and Learning	3
HSS 200	Introduction to Health Education	3
HSS 270	Introduction to Physical Education	3
HSS 271	Teaching Physical Education	3
HSS 326	Movement Skills and Concepts in Physical Education	3
HSS 327	Invasion and Net Games	3
HSS 328	Target and Fielding Games	3
HSS 384	Teaching Health Education	3
HSS 455	Current Trends and Issues in Health Education - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
General Electives		13

#### Professional Program Courses <sup>1</sup>

EDTP 420	Reading and Writing Across the Curriculum	3
HSS 404	Methods in Elementary Physical Education	4

HSS 405	Methods in Secondary Physical Educaiton	4
HSS 477	Capstone Seminar: Initial Teacher Certification - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 485	Methods in Health Education	4
<b>Minimum Total Hours</b>		<b>70</b>

Code	Title	Hours
<b>Culminating Undergraduate Experience (Graduation requirement)</b>		
Requirement fulfilled by completing:		
HSS 477	Capstone Seminar: Initial Teacher Certification - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> ) <sup>1</sup>	

### Certification Assessment

Satisfactory dispositions assessment; passing scores on PRAXIS content and PLT exams; completion of degree requirements.

<sup>1</sup> Courses restricted to students admitted to professional teacher education program.

## Flight Plan

### Track in Exercise Science

<b>Year 1</b>		
<b>Fall</b>		
ENGL 101	Introduction to College Writing - WC ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 180	First Aid and Safety Education	3
HSS 181	First-Year Experience	1
Physical Activity Course (HSS 101 - HSS 167)		1
General Education: Cardinal Core Natural Sciences - S		3
General Education: Cardinal Core Natural Sciences Lab - SL		1
General Elective		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
ENGL 102	Intermediate College Writing - WC ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 184	Healthy Lifestyles I	3
General Education: Cardinal Core Arts & Humanities US Diversity - AHD1		3
General Education: Cardinal Core Oral Communication - OC		3
General Education: Cardinal Core Social & Behavioral Sciences Historical Perspective - SBH		3
<b>Hours</b>		<b>15</b>
<b>Year 2</b>		
<b>Fall</b>		
HSS 202	Foundations of Anatomy & Physiology - S ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 320	Growth and Motor Development Across the Lifespan	3
General Education: Cardinal Core Arts & Humanities Global Diversity - AHD2		3
General Elective		3
General Elective		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
HSS 293	Social and Psychological Dimensions of Physical Activity - SB ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 381	Advanced Anatomy and Physiology Lab I <sup>1</sup>	1

HSS 386	Advanced Anatomy and Physiology I	3
HSS 387	Biomechanics	3
General Elective		3
General Elective		3
<b>Hours</b>		<b>16</b>
<b>Year 3</b>		
<b>Fall</b>		
HSS 302 or HSS 303	Nutrition in Healthy Living or Human Nutrition	3
HSS 318	Diverse Populations in Physical Activity and Health	3
HSS 394	Foundations of Exercise Physiology	3
Physical Activity Course (HSS 101 - HSS 167)		1
General Elective		3
General Elective		1
General Elective		1
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
HSS 377	Foundations of Quantitative Statistics-QR - QR ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 388	Foundations of Strength and Conditioning	3
HSS 390	Advanced Anatomy and Physiology II	3
HSS 391	Advanced Anatomy and Physiology Lab II (or General Elective) <sup>1</sup>	1
General Elective		3
General Elective (300 level or above)		3
<b>Hours</b>		<b>16</b>
<b>Year 4</b>		
<b>Fall</b>		
HSS 395	Fitness Assessment and Prescription	3
HSS 396	Lab Methods in Fitness Evaluation	3
HSS 389	Prevention and Care of Athletic Injuries I	3
HSS 402	Practicum in Health and Human Performance	1
General Elective		3
General Elective (300 level or above)		3
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
HSS 486	Advanced Exercise Physiology - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 492	Exercise Science Internship	3
HSS 507	Senior Seminar in Exercise Physiology (or General Elective) <sup>1</sup>	3
General Elective		3
General Elective		3
<b>Hours</b>		<b>15</b>
<b>Minimum Total Hours</b>		<b>123</b>

<sup>1</sup> Must choose either HSS 507 or HSS 381 and 391. HSS 381 must be taken concurrently or after previous completion of HSS 386. HSS 391 must be taken concurrently or after previous completion of HSS 390.

### Track in Youth Sport Development

<b>Year 1</b>		
<b>Fall</b>		
ENGL 101	Introduction to College Writing - WC ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 181	First-Year Experience	1
Physical Activity Course (HSS 101 - HSS 167)		1
General Education: Cardinal Core Natural Sciences - S		3

General Education: Cardinal Core Natural Sciences Lab - SL	1
General Education: Cardinal Core Arts & Humanities US Diversity - AHD1	3
General Elective	3

**Hours** 15

**Spring**

ENGL 102	Intermediate College Writing - WC ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 180	First Aid and Safety Education	3
HSS 184	Healthy Lifestyles I	3
Physical Activity Course (HSS 101 - HSS 167)		1
General Education: Cardinal Core Social & Behavioral Sciences Historical Perspective - SBH		3
General Education: Cardinal Core Oral Communication - OC		3

**Hours** 16

**Year 2****Fall**

HSS 200	Introduction to Health Education	3
HSS 270	Introduction to Physical Education	3
HSS 293	Social and Psychological Dimensions of Physical Activity - SB ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
General Elective		3
General Elective		3

**Hours** 15

**Spring**

HSS 202	Foundations of Anatomy & Physiology - S ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 302 or HSS 303	Nutrition in Healthy Living or Human Nutrition	3
HSS 320	Growth and Motor Development Across the Lifespan	3
General Education: Cardinal Core Arts & Humanities Global Diversity - AHD2		3
General Elective		3

**Hours** 15

**Year 3****Fall**

HSS 271	Teaching Physical Education	3
HSS 310	Healthy Lifestyles II	3
HSS 319	Adapted Physical Education <sup>1</sup>	3
HSS 377	Foundations of Quantitative Statistics-QR - QR ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 402	Practicum in Health and Human Performance	1
General Elective		3

**Hours** 16

**Spring**

HSS 326	Movement Skills and Concepts in Physical Education	3
HSS 327	Invasion and Net Games	3
HSS 328	Target and Fielding Games	3
General Elective (300 level or above)		3
General Elective (300 level or above)		3

**Hours** 15

**Year 4****Fall**

HSS 384	Teaching Health Education	3
HSS Approved Elective Course		3
General Elective (300 level or above)		3
General Elective (300 level or above)		3
General Elective		3
General Elective		1

**Hours** 16

**Spring**

HSS 455	Current Trends and Issues in Health Education - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS Approved Elective Course		3
General Elective (300 level or above)		3
General Elective		3
General Elective		3

**Hours** 15

**Minimum Total Hours** 123

**Track in Health and Physical Education****Year 1****Fall**

ENGL 101	Introduction to College Writing - WC ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 181	First-Year Experience	1
General Education: Cardinal Core Arts & Humanities US Diversity - AHD1		3
Physical Activity Course (HSS 101 - HSS 167)		1
General Education: Cardinal Core Natural Sciences - S		3
General Education: Cardinal Core Natural Sciences Lab - SL		1
General Elective		3

**Hours** 15

**Spring**

ENGL 102	Intermediate College Writing - WC ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 180	First Aid and Safety Education	3
HSS 184	Healthy Lifestyles I	3
General Education: Cardinal Core Oral Communication - OC		3
General Education: Cardinal Core Social & Behavioral Sciences Historical Perspective - SBH		3
Physical Activity Course (HSS 101 - HSS 167)		1

**Hours** 16

**Year 2****Fall**

EDTP 107	Human Development and Learning	3
HSS 200	Introduction to Health Education	3
HSS 270	Introduction to Physical Education	3
HSS 293	Social and Psychological Dimensions of Physical Activity - SB ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
General Elective		1
General Elective		3

**Hours** 16

**Spring**

HSS 202	Foundations of Anatomy & Physiology - S ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 302 or HSS 303	Nutrition in Healthy Living or Human Nutrition	3
HSS 310	Healthy Lifestyles II	3
HSS 320	Growth and Motor Development Across the Lifespan	3
General Education: Cardinal Core Arts & Humanities Global Diversity - AHD2		3
General Elective		3

**Hours** 18

**Year 3****Fall**

HSS 271	Teaching Physical Education	3
HSS 319	Adapted Physical Education <sup>1</sup>	3



HSS 377	Foundations of Quantitative Statistics-QR - QR ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
HSS 384	Teaching Health Education	3
HSS 402	Practicum in Health and Human Performance	1
General Elective		3
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
EDSP 260	Classroom Behavior Management	3
HSS 326	Movement Skills and Concepts in Physical Education	3
HSS 327	Invasion and Net Games	3
HSS 328	Target and Fielding Games	3
HSS 455	Current Trends and Issues in Health Education - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
<b>Hours</b>		<b>15</b>
<b>Year 4</b>		
<b>Fall</b>		
EDTP 420	Reading and Writing Across the Curriculum	3
HSS 404	Methods in Elementary Physical Education	4
HSS 405	Methods in Secondary Physical Education	4
HSS 485	Methods in Health Education	4
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
HSS 414	Student Teaching in Elementary Physical Education	3
HSS 415	Student Teaching in Health Education	3
HSS 416	Student Teaching in Secondary Physical Education	3
HSS 477	Capstone Seminar: Initial Teacher Certification - CUE ( <a href="http://catalog.louisville.edu/undergraduate/general-education-requirements/">http://catalog.louisville.edu/undergraduate/general-education-requirements/</a> )	3
<b>Hours</b>		<b>12</b>
<b>Minimum Total Hours</b>		<b>123</b>

<sup>1</sup> HSS 318 may be subbed for HSS 319 with advisor or departmental approval.

### Degree Audit Report

Degree Audit reports illustrate how your completed courses fulfill the requirements of your academic plan. What-if reports allow you to compare the courses you have completed in your current academic plan to the courses required in another academic plan. Should you have questions about either report, please consult with your academic advisor.

### Flight Planner

The Flight Planner tool is available for you to create a personalized Flight Plan to graduation. Advisors have access to review your Flight Planner and can help you adjust it to ensure you remain on track to graduate in a timely manner.

### To create these reports:

- Log into your ULink account.
- Click on the Academic Progress tile.
- Select the appropriate report.
  - To run a Degree Audit report, click on "View my Degree Audit."
  - To create a What-if report, click on "Create a What-if Advisement Report."
  - To run a Flight Planner report, click on "Use My Flight Planner."

Click here to run a Degree Audit report, create a What-if report, or run a Flight Planner report. (<https://ulink.louisville.edu>)

The Bachelor of Science in Health and Human Performance, track in Health and Physical Education program prepares students to meet the

requirements for certification and/or licensure. If you plan to pursue professional licensure or certification, you should first determine your state's criteria for examination and licensure to see how/if our program meets those requirements prior to enrollment. We recommend that you also contact your state's licensing board directly to verify that the requirements have not changed recently and to answer any questions especially those regarding additional requirements beyond the degree.

More information about certification or licensure is available at the following website: <https://louisville.edu/oapa/licensure-information> (<https://louisville.edu/oapa/licensure-information/>) (you may search by school or by the name of the program then click on 'View Details' to display the information).

For programs with an online option, more information about certification or licensure is available here: <https://louisville.edu/online/About-Us?tab=disclosures> (<https://louisville.edu/online/About-Us/?tab=disclosures>).