

HEALTH AND HUMAN PERFORMANCE (BS)



This program was approved for students entering the university in the Summer 2022–Spring 2023 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 (http://catalog.louisville.edu/undergraduate/general-education-requirements/) ¹	31

(At least 3 hours of General Education requirements may be satisfied through coursework required by the degree program)	
College/School Requirements	6
Program/Major Requirements ¹	25
Track Requirements ¹	63-65
Minimum Total Hours	123

¹ 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 (http://catalog.louisville.edu/undergraduate/general-education-requirements/) ¹	31

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

HSS 293	Social and Psychological Dimensions of Physical Activity - SB
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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
Minimum Total Hours		6

Program/Major Requirements

Code	Title	Hours
Health and Human Performance Core		
HSS 180	First Aid and Safety Education	3
HSS 202	Human Anatomy & Physiology - S ²	3
HSS 293	Social and Psychological Dimensions of Physical Activity - SB	3
HSS 302	Nutrition in Healthy Living	3
or HSS 303	Human Nutrition	
HSS 318	Diverse Populations in Physical Activity and Health ³	3
or HSS 319	Adapted Physical Education	
HSS 320	Growth and Motor Development Across the Lifespan	3
HSS 377	Introduction to Statistics in Health and Human Performance - QR	3
HSS 387	Biomechanics ⁴	3
or HSS 310	Healthy Lifestyles II	
HSS 402	Practicum in Health and Human Performance	1
Minimum Total Hours		25

Code	Title	Hours
Track Requirements (see Track Requirements tab)		63-65

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
Culminating Undergraduate Experience (Graduation requirement)		

Requirement fulfilled by completing one of the following:

Track in Exercise Science

HSS 486	Advanced Exercise Physiology - CUE
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Track in Youth Sport Development

HSS 455	Current Trends and Issues in Health Education - CUE
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Track in Health and Physical Education

HSS 477	Capstone Seminar: Initial Teacher Certification - CUE
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Code	Title	Hours
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Physical Activity Courses

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

¹ 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).

² BIOL 260 may be substituted

³ HSS 319 is required for tracks in Health & Physical Education and Youth Sport Development.

⁴ 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 ¹	3
HSS 388	Principles of Athletic Conditioning	3
HSS 389	Prevention and Care of Athletic Injuries I	3
HSS 390	Advanced Anatomy and Physiology II ²	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	3
HSS 492	Exercise Science Internship	3
Select one of the following:		2-3
HSS 507	Senior Seminar in Exercise Physiology	
HSS 381	Anatomy and Physiology Lab I	
& HSS 391	Anatomy and Physiology Lab II ^{3,4}	
Electives ⁵		34-35

Minimum Total Hours 64

Code	Title	Hours
Culminating Undergraduate Experience (Graduation requirement)		
Requirement fulfilled by completing:		
HSS 486	Advanced Exercise Physiology - CUE	

- ¹ BIOL 261 may be substituted for HSS 386.
- ² BIOL 465 may be substituted for HSS 390.
- ³ BIOL 262 may be substituted for HSS 381.
- ⁴ 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.
- ⁵ 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	3
HSS Approved Elective Courses ¹		6
General Electives ²		34
Minimum Total Hours		64

Code	Title	Hours
Culminating Undergraduate Experience (Graduation requirement)		
Requirement fulfilled by completing:		
HSS 455	Current Trends and Issues in Health Education - CUE	

- ¹ These HSS electives must be approved by an HSS faculty member or academic counselor.
- ² 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; Completion of all state regulations and additional requirements as identified by the Office of Educator Development and Clinical Practice; Positive recommendation from the Educator Certification Committee.

Code	Title	Hours
Student Teaching Requirement ¹		
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	3

General Electives 7

Professional Program Courses ¹

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 477	Capstone Seminar: Initial Teacher Certification - CUE	3
HSS 485	Methods in Health Education	4

Minimum Total Hours 64

Code	Title	Hours
Culminating Undergraduate Experience (Graduation requirement)		
Requirement fulfilled by completing:		
HSS 477	Capstone Seminar: Initial Teacher Certification - CUE ¹	

Certification Assessment

Eligible for degree; Passing scores on required PRAXIS exams; Assessment of dispositions and standards in courses completed after mid-point. Positive recommendation from the Educator Certification Committee.

¹ Courses restricted to students admitted to professional teacher education program.

Flight Plan

Track in Exercise Science

Course	Title	Hours
Year 1		
Fall		
ENGL 101	Introduction to College Writing - WC	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 Education: Cardinal Core Quantitative Reasoning - QR		3
Hours		15
Spring		
ENGL 102	Intermediate College Writing - WC	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
Hours		15
Year 2		
Fall		
HSS 202	Human Anatomy & Physiology - S	3
HSS 320	Growth and Motor Development Across the Lifespan	3
General Education: Cardinal Core Arts & Humanities Global Diversity - AHD2		3
General Education: Cardinal Core Natural Sciences - S		3
General Elective		3
Hours		15
Spring		
HSS 293	Social and Psychological Dimensions of Physical Activity - SB	3
HSS 381	Anatomy and Physiology Lab I ¹	1
HSS 386	Advanced Anatomy and Physiology I	3
HSS 387	Biomechanics	3
General Elective		3
General Elective		3
Hours		16
Year 3		
Fall		
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
Hours		15
Spring		
HSS 377	Introduction to Statistics in Health and Human Performance - QR	3
HSS 388	Principles of Athletic Conditioning	3
HSS 390	Advanced Anatomy and Physiology II	3
HSS 391	Anatomy and Physiology Lab II (or General Elective) ¹	1
General Elective		3

General Elective (300 level or above)		3
Hours		16
Year 4		
Fall		
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
Hours		16
Spring		
HSS 486	Advanced Exercise Physiology - CUE	3
HSS 492	Exercise Science Internship	3
HSS 507	Senior Seminar in Exercise Physiology (or General Elective) ¹	3
General Elective		3
General Elective		3
Hours		15
Minimum Total Hours		123

¹ 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

Course	Title	Hours
Year 1		
Fall		
ENGL 101	Introduction to College Writing - WC	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 Quantitative Reasoning - QR		3
General Education: Cardinal Core Arts & Humanities US Diversity - AHD1		3
Hours		15
Spring		
ENGL 102	Intermediate College Writing - WC	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	3
General Education: Cardinal Core Natural Sciences - S		3
General Elective		3
Hours		15
Spring		
HSS 202	Human Anatomy & Physiology - S	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	3
HSS 377 Introduction to Statistics in Health and Human Performance - QR	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	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

Course	Title	Hours
Year 1		
Fall		
ENGL 101	Introduction to College Writing - WC	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 Education: Cardinal Core Quantitative Reasoning - QR		3
Hours		15
Spring		
ENGL 102	Intermediate College Writing - WC	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	3
General Education: Cardinal Core Natural Sciences - S		3
General Elective		1
Hours		16
Spring		
HSS 202	Human Anatomy & Physiology - S	3
HSS 302	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	3
HSS 377	Introduction to Statistics in Health and Human Performance - QR	3
HSS 384	Teaching Health Education	3
HSS 402	Practicum in Health and Human Performance	1
General Elective		3
Hours		16
Spring		
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	3
Hours		15
Year 4		
Fall		
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
Hours		15
Spring		
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	3
Hours		12
Minimum Total Hours		123

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.

To create either report:

1. Log into your ULink account.
2. Click on the Academic Progress tile.
3. Next, click on "View my Degree Audit" to run a Degree Audit report in the Undergraduate Advising area.

4. To create a What-if report, click on "Create a What-if Advisement Report."

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

Flight Planner

Based on your major, the Flight Planner tool may be available for you to create a personalized Flight Plan. The Flight Planner can be found in the ULink Student Center. Consult with your advisor for assistance with the Flight Planner.