

[Please refer to the Undergraduate Catalog for further program requirements and course descriptions.](#)

| <b>First Year – 31-34 Hours</b>   |            |  |            |
|---|------------|--|------------|
| <b>Fall Semester:</b>   | <b>Hrs</b> | <b>Spring Semester:</b>  | <b>Hrs</b> |
| Writing and Communication (ENGL 1010 or 1011)   | 3-4        | Writing and Communication (ENGL 1020)  | 3          |
| BIOL 1110/1110L: <i>Principles of Biology I/Lab</i> (Natural Science)   | 4          | CHEM 1110/1110L: <i>General Chemistry I/Lab</i> (Natural Science)            | 4          |
| MATH 1130: <i>College Algebra</i> , MATH 1830: <i>Calculus for Mgmt, Life &amp; Social Sci.</i> , or MATH 1950: <i>Calculus w/ Analytic Geometry I</i> (Quantitative Reasoning) | 3-4        | HHP 1000: <i>Personal Health</i>   | 3          |
| Humanities and Fine Arts  | 3-4        | HHP 1015: <i>Intro to Exercise and Health Sciences</i>                       | 2          |
| PSY 1010: <i>Intro to Psychology</i> (Behavioral and Social Science)  | 3          | SOC 1510: <i>Intro to Sociology</i> (Behavioral and Social Science)          | 3          |
|   | 16-19      |  | 15         |
| <b>Second Year – 31-34 Hours</b>  |            |  |            |
| <b>Fall Semester:</b>   | <b>Hrs</b> | <b>Spring Semester:</b>  | <b>Hrs</b> |
| HHP 3000: <i>Anatomical &amp; Physiological Basis of Health &amp; Disease</i>   | 4          | HHP 3170: <i>Exercise Physiology</i>   | 3          |
| Approved Grad School Elective   | 3          | HHP 3280: <i>Kinesiology of Exercise</i>                                     | 3          |
| Quantitative Reasoning (Statistics)   | 3          | NUTR 1350: <i>Nutrition</i>  | 3          |
| Humanities and Fine Arts  | 3-4        | Approved Grad School Elective  | 3          |
| Humanities and Fine Arts  | 3-4        | Humanities and Fine Arts   | 3-4        |
|   | 16-18      |  | 15-16      |
| <b>Third Year – 30-31 Hours</b>   |            |  |            |
| <b>Fall Semester:</b>   | <b>Hrs</b> | <b>Spring Semester:</b>  | <b>Hrs</b> |
| NUTR 3340: <i>Life Cycle Nutrition</i>  | 3          | HHP 3030: <i>Community &amp; Environmental Health</i>                        | 3          |
| ENGL 2820: <i>Scientific Writing</i>  | 3          | HHP 3700: <i>Research Methods in Exercise Science &amp; Health Promotion</i> | 3          |
| EHS Specialization Elective   | 3          | NUTR 3380: <i>Sports Nutrition</i>   | 3          |
| Approved Grad School Elective   | 3          | EHS Specialization Elective (3000-4000 Level)                                | 3          |
| Individual and Global Citizenship   | 3-4        | Approved Grad School Elective  | 3          |
|   | 15-16      |  | 15         |
| <b>Fourth Year – 29 Hours</b>   |            |  |            |
| <b>Fall Semester:</b>   | <b>Hrs</b> | <b>Spring Semester:</b>  | <b>Hrs</b> |
| HHP 4280: <i>Exercise Prescription for Healthy Populations</i>  | 3          | HHP 4350: <i>Health Promotion &amp; Programming</i>                          | 3          |
| HHP 4290: <i>Exercise Prescription Lab</i>  | 1          | HHP 4490: <i>Physical Activity &amp; Chronic Disease</i>                     | 3          |
| HHP 4220: <i>Principles of Health Behavior Change</i>   | 3          | Approved Grad School Elective  | 3          |
| Approved Grad School Elective   | 3          | Approved Grad School Elective  | 3          |
| Approved Grad School Elective   | 3          | Elective (3000-4000 Level)   | 1          |
| Approved Grad School Elective   | 3          |  |            |
|   | 16         |  | 13         |

| <b>Completed:</b>                   |            |  |            |
|-------------------------------------|------------|--|------------|
| <b>Graduation Requirements:</b>     | <b>Hrs</b> | <b>Degree Requirements:</b>              | <b>Hrs</b> |
| 120 Total Hours                     |            | 24-30 General Education Hours            |            |
| 39 Upper Division (3000-4000) Hours |            | 96 Program (Major) Hours                 |            |
| 30 Hours at UTC                     |            | Minor ( <i>Not Required</i> )            |            |
| 45 Hours at 4-year Institution      |            | 1 Elective Hours                         |            |
|                                     |            | Foreign Language ( <i>Not Required</i> ) |            |