

**B.S. Health and Human Performance: Exercise and Health Science**

This pathway leads from an Exercise Science, A.S. (TTP) degree from Chattanooga State Community College to a Bachelor of Science degree with a major in Exercise Science from the University of Tennessee at Chattanooga. Per UTC catalog requirements, transfer students must have an overall GPA of 2.50 to select HHP: Exercise Science concentration as their major.

**Chattanooga State Community College**

| <b>First Year – 31 Hours</b>   |            |  |            |
|--|------------|--|------------|
| <i>Fall Semester:</i>  | <b>Hrs</b> | <i>Spring Semester:</i>                      | <b>Hrs</b> |
| ENGL 1010: English Composition I   | 3          | ENGL 1020: English Composition II*           | 3          |
| BIOL 2010: Human Anatomy & Physiology I  | 4          | BIOL 2020: Human Anatomy & Physiology II     | 4          |
| MATH 1130: College Algebra or MATH 1830: Applied Calculus or MATH 1910: Calculus I | 3          | PE 230: The Science of Fitness and Wellness* | 3          |
| PE 203: Introduction to Exercise Science*  | 3          | Humanities/Fine Arts to satisfy Gen Ed       | 3          |
| PSYC 1030: Introduction to Psychology  | 3          | Physical Education Activity Elective         | 2          |
|  | 16         |  | 15         |
| <b>Second Year – 29 Hours</b>  |            |  |            |
| <i>Fall Semester:</i>  | <b>Hrs</b> | <i>Spring Semester:</i>                      | <b>Hrs</b> |
| BIOL 1430: Nutrition*  | 3          | PE 154: First Aid and Safety Education       | 3          |
| PE 220: Care and Prevention of Athletic Injuries                                   | 3          | History to satisfy Gen Ed                    | 3          |
| COMM 2025: Fundamentals of Communication   | 3          | Literature to satisfy Gen Ed                 | 3          |
| History to satisfy Gen Ed  | 3          | Elective                                     | 3          |
| Humanities/Fine Arts to satisfy Gen Ed   | 3          | Elective                                     | 2          |
|  | 15         |  | 14         |

\* Must earn a C or better grade

Students should verify Chattanooga State Community College graduation requirements.

**University of Tennessee at Chattanooga**

| <b>Third Year – 30 Hours</b>                             |            |   |            |
|--|------------|---|------------|
| <i>Fall Semester:</i>                                    | <b>Hrs</b> | <i>Spring Semester:</i>   | <b>Hrs</b> |
| HHP 2300: Anatomical & Physiological Basis of Movement** | 4          | HHP 3180: Kinesiology   | 3          |
| HHP 3170: Exercise Physiology**                          | 3          | HHP 3030: Community & Environmental Health**                        | 3          |
| ENGL 2820: Scientific Writing                            | 3          | HHP 3700: Research Methods in Exercise Science and Health Promotion | 3          |
| BIOL 1110/1110L: Principles of Biology I                 | 4          | CHEM 1110/1110L: General Chemistry I                                | 4          |
|  |            | Elective (3000-4000 level)  | 3          |
|  | 14         |   | 16         |
| <b>Fourth Year – 30 Hours</b>                            |            |   |            |
| <i>Fall Semester:</i>                                    | <b>Hrs</b> | <i>Spring Semester:</i>   | <b>Hrs</b> |
| HHP 4280: Exercise Prescription in Health & Disease**    | 3          | HHP 4490: Physical Activity Epidemiology**                          | 3          |
| HHP 4290: Exercise Prescription Lab**                    | 1          | HHP 4350: Worksite Health Promotion**                               | 3          |
| HHP 4220: Principles of Health Behavior Change **        | 3          | HHP 4120: Principles of Resistance Training**                       | 3          |
| NUTR 3380: Sports Nutrition                              | 3          | NUTR 3340: Life Cycle Nutrition                                     | 3          |
| Elective (3000-4000 level)                               | 3          | Elective  | 3          |
| Elective   | 2          |   |            |
|  | 15         |   | 15         |

\*\*Prerequisite of a minimum 2.5 overall GPA

| <b>Completed:</b>                   |  |  |  |
|-------------------------------------|--|--|--|
| <b>Graduation Requirements:</b>     |  | <b>Degree Requirements:</b>                    |  |
| 120 Total Hours                     |  | 30 General Education Hours                     |  |
| 39 Upper Division (3000-4000) Hours |  | 55 Program (Major) Hours                       |  |
| 30 Hours at UTC                     |  | Minor Hours ( <i>Not Required</i> )            |  |
| 60 Hours at 4-year institution      |  | 35 Elective Hours                              |  |
|                                     |  | Foreign Language Hours ( <i>Not Required</i> ) |  |

This Transfer Path is a supplemental resource only. Students should consult their catalog year for official lists of general education courses, program requirements, pre-requisites, and co-requisites.