

HUMAN SCIENCES AND HUMANITIES

Fitness and Human Performance

B.S. at UHCL; A.A./A.S. at Community College /

(2008-2009 2+2 Transfer Plan to University of Houston-Clear Lake)

UNIVERSITY-REQUIRED TRANSFER COURSES

FOOTNOTES	CORE CURRICULUM REQUIREMENTS*	CORE #	FOOTNOTES	PROGRAM FOUNDATION COURSES*		
a	ENGL 1301 - Composition I (C- or better)	3	10	Recommended foundation		
a	ENGL 1302 - Composition II (C- or better)	3	10	KINE 1306 or PHED 1306 Safety and First Aid	3	
b	Humanities (take at UHCL)			SOCI 1301- Introduction to Sociology	3	
c	HIST 1301 - American History I **	3	60	PSYC 2301- Introduction to Psychology	3	
c	HIST 1302 - American History II **, or HIST 2301, 2302 or 2303-Texas History	3	60	BIOL –Anatomy and Physiology	3	
	GOVT 2301 - Government I	3	70	i	Electives	6
	GOVT 2302 - Government II	3	70			18*
	MATH 1314 - College Algebra (or higher), or Algebra based Mathematics for Liberal Arts	3	20	j	Prerequisite and/or Remedial Courses	
d	Visual and Performing Arts **	3	50			
e	Natural Science	6	30			
f	Social and Behavioral Science **	3	80	j	Additional Courses for the Associate Degree	
g	Speech/Communication	3	11			
h	Computer Competency	3	90			
		42*				

EXPLANATION OF FOOTNOTES

- / Associate degree requirements at the community college, including the minimum allowed grade point average, are found in the community college catalog in effect during the student's initial semester of continuous enrollment. See a community college counselor for more information. Please note that not all courses are offered at all community colleges. Check with your counselor for availability of courses on your campus.
- * UHCL's requirements are consistent with the 42-hour Texas core curriculum. If a student completes a component of the core at one Texas institution, that block of courses will be substituted for UHCL's same core component(s). Additional Program Foundation courses are required. **Please refer to your school's core requirements for specific courses in each area below. The School of Human Sciences and Humanities at UHCL will transfer up to 60 semester hours from the community college.**
- ** These Curriculum and Foundation Requirements may be fulfilled by approved upper-level equivalents at UHCL.
- a Must complete six hours of Composition with grades of "C-" or better.
- b Suggested courses for Humanities include: any ENGL literature, HUMA, PHIL, RELI, SPCH or HIST (in addition to core requirements), or sophomore-level foreign language course.
- c Six hours of American History required; three hours may be in Texas History.
- d Suggested courses for Visual and Performing Arts include: any ARTS, DANC, DRAM, MUSI, or MUAP course. Three semester hours credit required.
- e Suggested courses for Natural Science include: Biology preferred, Physics, Chemistry, Geology
- f Psychology, Sociology, Anthropology courses.
- g Suggested courses for Speech/Communication include: any SPCH course.
- h Suggested courses for Computer Competency include: any COSC or CSCI course. Other courses may meet this requirement. Please check with an adviser on your campus.
- i May choose any lower-level class that may be beneficial for the chosen major. Suggested electives may be chosen from: ARTS 1301, 1303, 1304; BIBL; COMM; COSC; CSCI; ECON; ENGL literature; foreign language; GEOG; HIST; laboratory science; MATH; PHIL; PSYC; and SOCI.
- j With the exception of remedial courses, these courses will count toward the bachelor's degree at UHCL as electives. These courses are either prerequisite courses for required university courses, courses required for the associate degree, or are required remedial courses to satisfy the TASP mandate.
- # The core component number is used by Texas schools to identify which area of the 42-hour core curriculum a course fulfills.

HUMAN SCIENCES AND HUMANITIES

Bachelor of Science in Fitness and Human Performance

2008-2009 Catalog

GENERAL DEGREE REQUIREMENTS

- A total of 120 semester hours of applicable college credit. A maximum of three hours of lower-level “activities” courses may be applied toward graduation. No more than 18 semester hours of previously earned lower-level credit may have been taken by correspondence, extension or CLEP.
- At least 60 semester hours of upper-level work. Correspondence, extension or CLEP credit cannot be used to fulfill this requirement. A minimum of 48 hours of upper-level work must be completed with grades of “C” or better.
- At least 30 hours of the degree program, including 12 hours in the major, must be taken in residence at UHCL.
- A cumulative GPA of 2.000 on course work completed at UHCL with grades of “C” or better on at least 30 hours of resident upper-level work. Grades of “C-” and below can not be applied toward the 30 hours of resident upper-level work.
- Remain continuously enrolled (complete at least one course in a 12 month period) or meet requirements of a later catalog.
- Complete the degree within seven years or meet requirements of a later catalog.

HSH GENERAL EDUCATION REQUIREMENTS (9 HOURS)

WRIT 3037 - Advanced Writing	3
HUMN 3031, 3033 or 3035 - Basic Texts I, II or III	3
Humanities Requirement (Another Basic Text or course from an approved list)	3

PROGRAM CORE REQUIREMENTS (33 HOURS)

HLTH 3031 - Health Emergency Care and First Aid	HLTH 3135 - Health Promotion Programs
HLTH 3739 - Undergraduate Practicum	HLTH 4031 - Physiology of Exercise
HLTH 4032 - Biomechanics	HLTH 4033 - Nutrition, Fitness and Weight Control
HLTH 4034 - Principles of Physical Fitness	HLTH 4035 - Seminar in Sports Medicine
HLTH 4037 - Peak Performance	HLTH 4038 - Resistive Exercise
HLTH 4739 - Internship	

SUPPORT AREA - SELECT ONE (9 HOURS)

EXERCISE SCIENCE

HLTH 3136 - Applied Kinesiology	BIOL 3733 - Human Anatomy
HLTH 4931 - Selected Topics in Health	BIOL 3713 - Human Anatomy Lab
PSYC 4136 - Brain and Behavior	BIOL 4435 - Human Physiology - 4421 Lab

OR

Health Promotion

PSYC 4134 - Child Psychology	PSYC 3334 - Drugs and Behavior
PSYC 3231 - Learning	PSYC 4536 - The Aging Experience
PSYC 4631/4632 - Research Design and Statistical Measurements I and II	

HSH reserves the right to change course lists or to require additional hours within course lists, but the total of 120 hours, (60 upper-level minimum) will still be valid.

ADDITIONAL COURSES NECESSARY TO MEET UPPER-LEVEL REQUIREMENTS OR TO MEET MINIMUM REQUIRED HOURS FOR GRADUATION:

School of Human Sciences and Humanities Advising Office

281-283-3333

Bayou Building, B1539

Academic Advisers: Ann Hinojosa and Cruz Flores hshadvising@uhcl.edu



University
of Houston
Clear Lake

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