# Unofficial Degree Planning Worksheet Catalog Year: 2023 – 2024

# Major: BS in Human Performance – Exercise and Recreation Leadership

This worksheet is designed to help you plan and track your progress toward your degree. It lists all graduation requirements. Course descriptions are available in the current catalog. More detailed descriptions of the program can be found in the [2023 – 2024 catalog](https://ut.smartcatalogiq.com/current/catalog/).

## University Graduation Requirements

Students must earn 124 hours to be eligible for graduation.

Students must maintain an overall minimum GPA of 2.0 to be eligible for graduation.

Students must maintain a major minimum GPA of 2.0 to be eligible for graduation.

Students must complete 31 credit hours in residency at UT to be eligible for graduation.

Students must complete 15 credit hours in residency at UT in their major coursework.

## Spartan Studies Requirements

### First-Year

| **First-year Requirement** | **Course Taken** | **Semester Taken** |
| --- | --- | --- |
| UTAMPA 101 (1cr)/102 (1cr) – First-Year seminar two semester sequence **or** UTAMPA 103 (2cr) – Transfer student seminar  **or** UTAMPA 104 (2cr) Veteran student seminar  – must be taken in residency |  |  |
| AWR 101 (4cr) - Reading Locally & Globally  **or** AWR 110 (5cr) – Academic Writing for Multilingual Students |  |  |
| Math (4cr) Requirement (choose one):  MAT 155, MAT 160, MAT 170, MAT 201, MAT 225, MAT 260, MAT 261 |  |  |

### Core

| **Core Requirement** | **Course Taken** | **Semester Taken** |
| --- | --- | --- |
| AWR 201 (4cr) – Writing and Research: The Local and the Global  *Pre-requisite (one of the following): AWR 101, AWR 110, or equivalent* |  |  |
| [Core Humanities](https://www.ut.edu/uploadedFiles/Academics/Provost/SpartanStudies/SpartanStudies_CoreHumanitiesLink.pdf) (4cr) – must be taken in residency, AWR 201 is a prerequisite or must be taken concurrently |  |  |
| [Core Social Science](https://www.ut.edu/uploadedFiles/Academics/Provost/SpartanStudies/SpartanStudies_CoreSocialSciencesLink.pdf) (4cr) – must be taken in residency, AWR 201 is a prerequisite or must be taken concurrently |  |  |
| UTAMPA 200 (1cr) Digital Literacy: Coding  **or** one of the following: CSC 101, ITM 251, MAT 285, PHY 180 |  |  |
| UTAMPA 201 (0cr) Career Readiness |  |  |
| Spartan Studies Culminating Experience (4cr)  – must be taken in residency  *Pre-requisite: Spartan Studies First-year and Core Requirements(UTAMPA 101/02 or UTAMPA 103 or UTAMPA 104, AWR 101, Math, AWR 201, UTAMPA 200, UTAMPA 201, Core Humanities, Core Social Science); individual courses may have additional pre-requisites* |  |  |

### Distribution Requirements

Note that **one** of the distribution requirements may also be used to meet requirements in the major if there is overlap.

| **Distribution Requirement** | **Course Taken** | **Semester Taken** |
| --- | --- | --- |
| [Social or Behavioral Science](https://www.ut.edu/uploadedFiles/Academics/Provost/SpartanStudies/SpartanStudies_SocialScienceDistributionLink.pdf) (4cr) |  |  |
| [Visual and Performing Arts](https://www.ut.edu/uploadedFiles/Academics/Provost/SpartanStudies/SpartanStudies_VisualandPerformingArtsLink.pdf) (3cr) |  |  |
| [Text-Based Humanities](https://www.ut.edu/uploadedFiles/Academics/Provost/SpartanStudies/SpartanStudies_Text-BasedHumanitiesDistributionLink.pdf) (4cr) |  |  |
| [Natural Science](https://www.ut.edu/uploadedFiles/Academics/Provost/SpartanStudies/Spartanstudies_NaturalScienceDistributionLink.pdf) (4cr) |  |  |

## Human Performance – Exercise and Recreation Leadership Requirements (56-57 Credits)

### Human Performance-Core Requirements

| **Human Performance Core Requirements (31 Credits)** | **Course Taken** | **Semester Taken** |
| --- | --- | --- |
| ESC 105 (2cr) – Biokinetics and Conditioning |  |  |
| ESC 110 (2cr) – Introduction to Exercise Science and Sport Studies |  |  |
| ESC 280 (3cr) – Adult Fitness |  |  |
| ESC 330 (3cr) – Human Development and Motor Learning  *Pre-requisite: HSC 220 or HSC 230 with a C or better* |  |  |
| ESC 340 (3cr) – Applied Kinesiology  *Pre-requisite: HSC 220 or HSC 230 with a C or better* |  |  |
| ESC 371 (3cr) – Prevention and Care of Sports Injuries  *Pre-requisite: HSC 220 or HSC 230 with a C or better and ESC 340*  *Pre/Co-requisite: ESC 150 or HSC 250* |  |  |
| ESC 380 (3cr) – Exercise Testing and Prescription  *Pre-requisite: HSC 220 or HSC 230 with a C or better (ESC 340 recommended)* |  |  |
| ESC 460 (3cr) – Physiology of Exercise  *Pre-requisite: HSC 220 or HSC 230 with a C or better* |  |  |
| ESC 491 (3cr) – Senior Seminar in Exercise Science  *Pre-requisite: ESC 380 and senior status* |  |  |
| HSC 100 (3cr) – Personal and Family Health |  |  |
| HSC 203 (3cr) – Nutrition |  |  |

### Exercise and Recreation Leadership Concentration Requirements

| **Exercise and Recreation Leadership Concentration Requirements**  **(21-22 Credits)** | **Course Taken** | **Semester Taken** |
| --- | --- | --- |
| ESC 312 (3cr) – Dance/Rhythmics |  |  |
| ESC 372 (2cr) – Principles of Exercise Leadership  *Pre-requisite: HSC 100 and HSC 220 or HSC 230 with a C or better* |  |  |
| ESC 400 (3cr) – Physical Education and Fitness for Special Populations |  |  |
| ESC 411 (2cr) – Recreation Leadership and Administration |  |  |
| ESC 450 (3cr) – Tests and Measurement  *Pre-requisite: ESC 105 and ESC 110 or HSC 200* |  |  |
| SPM 312 (3cr) – Management Concepts in Sport  *Pre-requisite: SPM 290 or ESC 110* |  |  |
| ESC 150 (2cr) – Comprehensive First Aid/CPR/AED  **or** HSC 250 (3cr) – Emergency Care for the Healthcare Professional  *Pre-requisite: HSC 220 or HSC 230 with a C or better* |  |  |
| HSC 220 (3cr) – Functional Anatomy  **or** HSC 230 (3cr) – Human Anatomy and Physiology I (1)  *Pre-requisite: MAT 160 (with a grade of “C” or better)* |  |  |

### Professional Activity Elective Requirements

| **Professional Activity Elective Requirements (4 Credits)**  Any combination of other professional (ESC) activity courses | **Course Taken** | **Semester Taken** |
| --- | --- | --- |
| Professional Activity Elective (1-4cr) |  |  |
| Professional Activity Elective (1-4cr) |  |  |