

# **Unofficial Degree Planning Worksheet**

# *Catalog Year: 2022-2023*

# BS in HUMAN PERFORMANCE—EXERCISE AND RECREATION LEADERSHIP CONCENTRATION

| This worksheet is designed to help you plan and track your progress toward your degree. It lists all the graduation requirements. For full course descriptions, please refer to the current undergraduate [Catalog](https://www.ut.edu/academics/university-catalogs). | Course Taken or Transferred In | Semester Taken or Course Remaining |
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| **UNIVERSITY GRADUATION REQUIREMENTS** | | |
| Students must earn 124 hours to be eligible for graduation.  Students must maintain an overall GPA of a 2.0 to be eligible for graduation.  Students must complete 31 of the last 35 hours in residency at UT. | | |
| **BACCALAUREATE EXPERIENCE REQUIREMENTS*****Courses used for Baccalaureate Experience may not be used in the major (unless otherwise stated in the catalog).*** | | |
| Two-Year Learning Community | | |
| BAC 100 (0cr) – Digital Skills |  |  |
| BAC/HON 101/102 (2cr) – First-Year Seminar (two semester sequence)  BAC 103 (1cr) – Transfer Student Seminar (one semester course) *- Optional*  BAC 104 (1cr) – Veteran Student Seminar (one semester course) |  |  |
| AWR 101 (4cr) – Writing and Inquiry   * *Domestic Students may be required to take AWR 100 based on English Placement.* * *International Students may be required to take AWR 110 before AWR 101 or AWR 111 in conjunction with AWR 101 based on English Placement.* |  |  |
| AWR 201 (4cr) – Writing and Research  *Recommended to take in the second year* |  |  |
| Mathematics (4cr) – MAT 155 or Higher |  |  |
| Natural Science – NS (6 Credits) –  ***Must be lecture course, not a lab.*** | | |
| Biological Science (3cr) – |  |  |
| Chemical or Physical Science (3cr) – |  |  |
| Humanities – HFA (11 Credits) | | |
| * *Must have at least two different disciplines represented.* * *May only apply up to 4 credits of Studio/Performance courses.*   *Courses to fulfill this requirement may be found in the following disciplines: animation, dance, English/literature, film, foreign languages, linguistics, music, new media, philosophy, religion, speech and theatre, plus those art, communication, writing and women’s and gender studies courses so designated in the Course Descriptions section of the catalog.* |  |  |
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| Social Science – SS (11 Credits) | | |
| * *Must have at least two different disciplines represented.*   *Courses to fulfill this requirement may be found in the following disciplines:* *economics, geography, history, political science, psychology, sociology, and urban studies, plus those communication, criminology, law justice and advocacy, and women’s and gender studies courses so designated in the Course Descriptions section of the catalog.* |  |  |
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|  | Course Taken or Transferred In | Semester Taken or Course Remaining |
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| Art/Aesthetic – A (3 Credits)  ***Can come from anywhere in the curriculum.*** | | |
| *Art/aesthetic courses are devoted primarily to the development of skills in human expression for the purpose of engaging the aesthetic sense, or courses devoted primarily to the development of students’ critical appreciation of aesthetics. Courses can be found in multiple disciplines, see Course Search or Catalog to find courses.* |  |  |
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| Non-Western and International/Global Awareness – NW/IG (9 Credits)  ***Can come from anywhere in the curriculum.*** | | |
| Non-Western (3cr)  *Deal in either a direct or comparative way with political, social, or cultural issues within the context of non-Western or Third World concerns.* |  |  |
| International/Global Awareness (3cr)  *Deal in a direct or comparative way with political, social, cultural or economic issues impacting the international and/or global arena.* |  |  |
| Non-Western or International/Global Awareness (3cr) |  |  |
| Writing Intensive – W (9 Credits)  ***Can come from anywhere in the curriculum.*** | | |
| *Courses in addition to AWR 101 and AWR 201 that emphasize writing as a process of learning and communicating. Some credits may be waived for transfer students, please refer to the Catalog for more information.* |  |  |
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| **MAJOR REQUIREMENTS (56-57 Credits)** | | |
| Core Courses (31 Credits) | | |
| HSC 100 (3cr) – Personal and Family Health |  |  |
| HSC 203 (3cr) – Nutrition |  |  |
| 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-Req:*** *HSC 220 or HSC 230 with a C or better* |  |  |
| ESC 340 (3cr) – Applied Kinesiology  ***Pre-Req:*** *HSC 220 or HSC 230 with a C or better* |  |  |
| ESC 371 (3cr) – Prevention and Care of Sports Injuries  ***Pre-Req:*** *HSC 220 or HSC 230 with a C or better and ESC 340*  ***Pre/Co-Req:*** *ESC 150 or HSC 250* |  |  |
| ESC 380 (3cr) – Exercise Testing and Prescription  ***Pre-Req:*** *HSC 220 or HSC 230 with a C or better (ESC 340 recommended)* |  |  |
| ESC 460 (3cr) – Physiology of Exercise  ***Pre-Req:*** *HSC 220 or HSC 230 with a C or better* |  |  |
| ESC 491 (3cr) – Senior Seminar in Exercise Science  ***Pre-Req:*** *ESC 380 and senior status* |  |  |

|  | Course Taken or Transferred In | Semester Taken or Course Remaining |
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| Exercise and Recreation Leadership Concentration Courses (25-26 Credits) | | |
| ESC 312 (3cr) – Dance/Rhythmics |  |  |
| ESC 372 (2cr) – Principles of Exercise Leadership  ***Pre-Req:*** *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-Req:*** *ESC 105 and ESC 110 or HSC 200* |  |  |
| SPM 312 (3cr) – Management Concepts in Sport  ***Pre-Req:*** *SPM 290 or ESC 110* |  |  |
| Professional Activity Elective Courses (4cr)  *Any combination of other professional (ESC) activity courses* | | |
| ESC Elective (1-4cr) |  |  |
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| Major Elective (2-3 Credits)  Choose **one** of the following:   * ESC 150 – Comprehensive First Aid/CPR * HSC 250 – Emergency Medical Response *(Pre-Req: HSC 220 or HSC 230 with a C or better)* | | |
| HUPP Major Elective (2-3cr) |  |  |
| Anatomy Requirement (3 Credits)  Choose **one** of the following:   * HSC 220 – Functional Anatomy * HSC 230 – Human Anatomy and Physiology I (1) *(Pre-Req: MAT 160 with a grade of “C” or higher. Pre/Co-Req: HSC 234)* | | |
| Anatomy Course (3cr) |  |  |
| Major Residency Requirements (15 Credits) | | |
| *Students must complete at least 15 credit hours in the student’s major.* | | |
| Major GPA Requirements | | |
| *Students must maintain a major GPA of a 2.0 to be eligible for graduation.* | | |