

Advising Template
BA Sport and Recreation - Strength and Conditioning
23-24

Year 1

Fall Semester			Spring Semester			Summer Semester		
	FYI	6		ES #2	3			
HPER 234	Intro to Recreation	3	HPER 232	Applied Exercise Physiol	3			
BIOL 121	Human Biology	2						
Biol 121L	Human Biology Lab	1		Minor Elective	3			
	Minor Elective	3		ES #4	3			
			HPER 220	Theory of Coaching	3			
	Total Hours	15		Total Hours	15		Total Hours	0

Year 2

Fall Semester			Spring Semester			Summer Semester		
	ES #5	3		ES #7	3			
	ES #3	3		ES #8	3			
MKTG 231	Principles of Marketing	3	HPER 204	Training Methods	3			
	Minor Elective	3	HPER 335	Administration of Sp. & Rec	3			
	Minor Elective	3	HPER 333	Leadership in Rec	3			
	Total Hours	15		Total Hours	15		Total Hours	0

Year 3

Fall Semester			Spring Semester			Summer Semester		
	ES #9	3		Capstone	3			
	ES #10	3		ES #11	3			
HPER 440	Care and Prevent of Injur	3	FCS 447	Nutrition for Sports	3			
HPER 340	Practicum in S & C or	3	HPER 337	Rec for Special Pop	3			
	Minor elective		HPER 340	Practicum in S & C or	3			
HPER 336	Fitness Eval & Exer Pers	3		Minor Elective				
	Total Hours	15		Total Hours	15		Total Hours	0

Year 4

Fall Semester			Spring Semester			Summer Semester		
HPER 437	Legal Aspects of Sport	3						
HPER 449	Event and Facility Mgmt	3		Minor Elective	3			
HPER 439	Biomechanics of Sports	3	HPER 429	Motor Movement	3			
	Minor Elective	3	HPER 490	Internship	3			
				Minor Elective	3			
HPER 456	Essentials of S & C	3		Minor Elective	3			
	Total Hours	15		Total Hours	15		Total Hours	0

Degree Program Total

120

