

**GENERAL EDUCATION REQUIREMENTS (33 credit hours)**

| Outcome                                      | Outcome Categories, Credit Hours                                     | Complete the following courses:  | Sem. | Grade |
|--|--|--|------|-------|
| <b>Communication</b>                         | Written Communication<br>6 hours<br>(both required)                  | ENGL 101 English I (C or better required to complete course)<br>Prerequisite: placement or completion of ENGL 090  |      |       |
|  |  | ENGL 102 English II (C or better required to complete course)<br>Prerequisite: completion of ENGL 101  |      |       |
|  | Oral Communication<br>3 hours<br>(choose one)                        | --COMS 131 Public Speaking<br>--COMS 151 Speech Communication<br>Co-requisite: ENGL 101 – English I  |      |       |
| <b>Qualitative and Quantitative Thinking</b> | Humanities and Arts<br>3 hours<br>(choose one)                       | --ART 100 Art Appreciation<br>--ART 240/241 Art History<br>--EED 208 Exploring Cultural Art, Music, and Dance with Technology<br>--ENGL 210 Themes and Issues in Literature<br>--ENGL 215 Fiction and Film (prereq ENGL 102)<br>--MCOM 231 Mass Communication<br>--MUS 137/138 Music Appreciation through Classical Period/Contemporary Times<br>--THEAT 100 Introduction to Theatre   |      |       |
|  | Quantitative Reasoning<br>3 hours<br>(choose one)                    | --MATH 101 College Algebra (C or better required to complete course)<br>--MATH 102 Liberal Arts Math<br>--MATH 208 Statistics  |      |       |
|  | Laboratory Science<br>5 hours<br>(choose one)                        | --BIOL 103 General Biology and Lab<br>--CHEM 101 General Chemistry I<br>--PHYS 211 College Physics I<br>--PSCI 100 Physical Science  |      |       |
| <b>Historical and Cultural Forces</b>        | Historical/Contemporary Indigenous Issues<br>3 hours<br>(choose one) | --AIS 102 American Indian Issues I<br>--AIS 110 History of North American Indian Tribes<br>--ART 255 Tribal Art Forms<br>--LANG 101/102, 110/111 Indigenous Languages<br>--SW 110 Chemical Dependency and the Native American<br>--TMGMT 201 Tribal/Federal Government Relations   |      |       |
|  | Multicultural, World or Comparative Issues<br>3 hours (choose one)   | --AIS 301 Native and Western Views of Nature<br>--COMS 246 Intercultural Communication<br>--GEOG 110 World Geography<br>--GEOG 230 Cultural Geography  |      |       |
|  | Human Behavior<br>3 hours (choose one)                               | --PSYC 101 General Psychology<br>--SOC 100 Introduction to Sociology   |      |       |
| <b>Wellness</b>                              | Orientation 3 hours  | --UNIV 105 Haskell Seminar   |      |       |
|  | Physical Activity Course<br>1 hour<br>(choose one)                   | --HSES 101 Weight Training/Conditioning<br>--HSES 103 Fundamentals/Conditioning Basketball<br>--HSES 104 Body Weight Control<br>--HSES 105 Golf & Archery<br>--HSES 106 Racquetball<br>--HSES 107 Jogging/Basketball<br>--HSES 108 Beginning Swimming<br>--HSES 109 Intermediate Swimming<br>--HSES 110 Advanced Swimming<br>--HSES 127 Volleyball-Indoor<br>--HSES 128 Volleyball-Sand/Beach<br>--HSES 129 Volleyball-Outdoor<br>--HSES 135 Kickball<br>--HSES 171 Introduction to Yoga |      |       |

**HSES FOUNDATION REQUIREMENTS (11 credit hours in total)**

| Number   | Course                            | Credit Hours | Sem | Grade | Number   | Course            | Credit Hours | Sem. | Grade |
|----------|-----------------------------------|--------------|-----|-------|----------|-------------------|--------------|------|-------|
| HSES 112 | Intro to Health, Sport & Ex. Sci. | 3            |     |       | HSES 204 | First Aid         | 2            |      |       |
| HSES 226 | Kinesiology                       | 3            |     |       | HSES 244 | Stress Management | 3            |      |       |

**RECREATION AND FITNESS MANAGEMENT EMPHASIS REQUIREMENTS (16 credit hours)**

| Number   | Course                         | Credit Hours | Sem | Grade | Number   | Course                           | Credit Hours | Sem. | Grade |
|----------|--------------------------------|--------------|-----|-------|----------|----------------------------------|--------------|------|-------|
| HSES 227 | Exercise Physiology            | 3            |     |       | HSES 225 | Applied Anatomy                  | 3            |      |       |
| HSES 131 | Intro to Recreation Management | 3            |     |       | HSES 252 | Foundations of Personal Training | 3            |      |       |
| HSES 264 | Internship Rec/Fitness Mgmt    | 4            |     |       |          |                                  |              |      |       |