The program outline and graduation requirements are listed below. In addition, free electives are selected to reach 120 credits overall and a 3.0 cumulative GPA is required for graduation.

The department website provides an overview of the program, admission requirements (when applicable), faculty biographies, learning outcomes, and careers: https://www.southernct.edu/academics/hms/programs

**GENERAL EDUCATION REQUIREMENTS**

All bachelor’s degree programs include liberal education (LEP) and writing (W) course requirements. To review more detailed information regarding these requirements, please visit Degree Requirements >> General Education (LEP) Requirements. Courses in the major and/or cognate may also be used to satisfy LEP requirements where noted below (*).

**MAJOR REQUIREMENTS (50 Credits)**

Major GPA of 3.0 required.

**Exercise and Sport Science Requirements (44 Credits)**

- HMS 160 - Introduction to Human Performance ('C' or better)
- HMS 283 - Functional Anatomy ('C' or better)
- HMS 301 - Exercise and Nutrition ('C' or better)
- HMS 380 - Sport Psychology ('C' or better)
- HMS 383 - Biomechanics ('C' or better)
- HMS 384 - Exercise Physiology ('C' or better)
- HMS 387 - Standard First Aid and Personal Safety
- HMS 389 - Exercise Physiology II ('C' or better)
- HMS 392 - Conditioning for Strength and Human Performance ('C' or better)
- HMS 411 - Pathophysiology and Pharmacology ('C' or better)
- HMS 421 - Organization and Administration in Human Performance ('C' or better)
- HMS 485 - Measurement and Statistics in Exercise Science ('C' or better)
- HMS 488 - Exercise Testing and Prescription ('C' or better)
- HMS 497 - Human Performance Practicum (T3)*

**Accelerated Pathway Requirements (6 Credits)**
The Accelerated Pathway allows undergraduate students to complete their bachelor’s degree and earn credit towards a master’s program (students must apply and be accepted to the master’s program their senior year). These courses will be earned as dual credit towards both degrees:

HMS 554 - Research Methods ('C' or better)
HMS 578 - Behavior Change in Health & Physical Activity ('C' or better)

**Cognate Requirements (28 Credits)**

- Required (C- or better):
  - BIO 200 - Human Anatomy and Physiology I
  - BIO 201 - Human Anatomy and Physiology II
  - CHE 120 - General Chemistry (T2PR)*
  - PCH 200 - Introduction to Nutrition
  - PSY 100 - Introduction to Psychology (T2MB)*

- Select one (C- or better) (T2LE)*:
  - BIO 100 - General Zoology
  - BIO 120 - Microbiology

- Select one (C- or better) (T1QR)*:
  - MAT 107 - Elementary Statistics
  - MAT 122 - Precalculus

- Select one (T2PR)*:
  - PHY 200 - General Physics I
  - PHY 210 - College Physics
  - PHY 230 - Physics for Scientists or Engineers I