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

**COGNATE REQUIREMENTS (28 Credits)**

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

Select one (C- or better Required) (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