EXERCISE AND SPORT SCIENCE,  
B.S. - HUMAN PERFORMANCE M.S. 
ACCELERATED PATHWAY

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. Detailed information on these requirements is published in this section of the catalog: https://catalog.southernct.edu/undergraduate/general-information/lep.html

Writing courses are not additional course requirements, course sections that meet this requirement are designated with a ‘W’ on the class schedule. 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.
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 308 - Conditioning for Strength and Human Performance ('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 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)*

BS to MS Accelerated Pathway Human Performance (6 Credits Senior Year)
HMS 554 - Research Methods ('C' or better)
HMS 552 - Biomechanics & Applied Kinesiology ('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