

# Health and Human Physiology, B.A.

## Academic Plans

### Four-Year Graduation Plan

The following checkpoints list the minimum requirements students must complete by certain semesters in order to stay on the University's Four-Year Graduation Plan. Courses in the major are those required to complete the major; they may be offered by departments other than the major department.

**Before the fifth semester begins:** one foundation course and at least six more courses in the major.

**Before the seventh semester begins:** at least six more courses in the major (total of 13) and at least 90 s.h. earned toward the degree.

**Before the eighth semester begins:** at least two more courses in the major (total of 15).

**During the eighth semester:** enrollment in all remaining coursework in the major, all remaining GE CLAS Core courses, and a sufficient number of semester hours to graduate.

### Sample Plans of Study

Sample plans represent one way to complete a program of study. Actual course selection and sequence will vary and should be discussed with an academic advisor. For additional sample plans, see MyUI.

### Health and Human Physiology, B.A.

- Exercise Science Track [p. 1]
- Health Promotion Track [p. 2]
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#### Exercise Science Track

Course	Title	Hours
<b>Academic Career</b>		
<b>Any Semester</b>		
GE CLAS Core: Sustainability <sup>a</sup>		
<b>Hours</b>		<b>0</b>
<b>First Year</b>		
<b>Fall</b>		
CHEM:1070	General Chemistry I <sup>b</sup>	3
RHET:1030 or ENGL:1200	Rhetoric or The Interpretation of Literature	3 - 4
GE CLAS Core: Diversity and Inclusion <sup>c</sup>		3
GE CLAS Core: Social Sciences <sup>c</sup>		3
CSI:1600	Success at Iowa	2
<b>Hours</b>		<b>14-15</b>
<b>Spring</b>		
CHEM:1080	General Chemistry II	3
HHP:2200	Physical Activity and Health <sup>d</sup>	3
Major: math/statistics major requirement <sup>d</sup>		3
RHET:1030 or ENGL:1200	Rhetoric or The Interpretation of Literature	3 - 4

Elective course <sup>e</sup>	3
<b>Hours</b>	<b>15-16</b>

#### Second Year

<b>Fall</b>		
HHP:2310	Nutrition and Health	3
Major: biology requirement <sup>d</sup>		4
GE CLAS Core: Historical Perspectives <sup>c</sup>		3
GE CLAS Core: World Languages First Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		2
<b>Hours</b>		<b>16-17</b>

#### Spring

HHP:1100	Human Anatomy	3
HHP:3045	Physical Activity Psychology	3
GE CLAS Core: International and Global Issues <sup>c</sup>		3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

#### Third Year

<b>Fall</b>		
HHP:1300	Fundamentals of Human Physiology	3
HHP:4310	Sport and Exercise Nutrition	3
GE CLAS Core: Literary, Visual, and Performing Arts <sup>c</sup>		3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

#### Spring

HHP:2350	Biomechanics of Sport and Physical Activity	3
HHP:3400	Applied Exercise Physiology	3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

#### Fourth Year

<b>Fall</b>		
HHP:4200	Metabolic Exercise Testing and Prescription	4
Major: elective course <sup>g</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		2
<b>Hours</b>		<b>15</b>

#### Spring

HHP:4210	Musculoskeletal Exercise Testing and Prescription	4
Major: elective course <sup>g</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		2

Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall)

<b>Hours</b>	<b>15</b>
<b>Total Hours</b>	<b>123-129</b>

- a Sustainability must be completed by choosing a course that has been approved for Sustainability AND for one of these General Education areas: Natural Sciences; Quantitative and Formal Reasoning; Social Sciences; Historical Perspectives; International and Global Issues; Literary, Visual, and Performing Arts; or Values and Culture.
- b Course not required before CHEM:1080 if student has completed high school chemistry.
- c GE CLAS Core courses may be completed in any order unless used as a prerequisite for another course. Students should consult with an advisor about the best sequencing of courses.
- d Fulfills a major requirement and may fulfill a GE requirement.
- e Students may use elective courses to earn credit towards the total s.h. required for graduation or to complete a double major, minors, or certificates.
- f Students who have completed four years of a single language in high school have satisfied the GE CLAS Core World Languages requirement. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course.
- g Students must complete at least 6 s.h. selected from HHP courses numbered 2000 or above.
- h Please see Academic Calendar, Office of the Registrar website for current degree application deadlines. Students should apply for a degree for the session in which all requirements will be met. For any questions on appropriate timing, contact your academic advisor or Graduation Services.

### Health Promotion Track

Course	Title	Hours
<b>Academic Career</b>		
<b>Any Semester</b>		
GE CLAS Core: Sustainability <sup>a</sup>		0
<b>First Year</b>		
<b>Fall</b>		
CHEM:1070	General Chemistry I <sup>b</sup>	3
RHET:1030	Rhetoric	3 - 4
	or ENGL:1200 or The Interpretation of Literature	
GE CLAS Core: Diversity and Inclusion <sup>c</sup>		3
GE CLAS Core: Social Sciences <sup>c</sup>		3
CSI:1600	Success at Iowa	2
<b>Hours</b>		<b>14-15</b>
<b>Spring</b>		
HHP:2200	Physical Activity and Health <sup>d</sup>	3
CHEM:1080	General Chemistry II	3
Major: math/statistics requirement <sup>d</sup>		3 - 4
RHET:1030	Rhetoric	3 - 4
	or ENGL:1200 or The Interpretation of Literature	
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>15-17</b>

### Second Year

<b>Fall</b>		
HHP:2310	Nutrition and Health	3
Major: biology requirement <sup>d</sup>		4
GE CLAS Core: International and Global Issues <sup>c</sup>		3
GE CLAS Core: World Languages First Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		2
<b>Hours</b>		<b>16-17</b>

<b>Spring</b>		
HHP:1100	Human Anatomy	3
GE CLAS Core: Historical Perspectives <sup>c</sup>		3
GE CLAS Core: Literary, Visual, and Performing Arts <sup>c</sup>		3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

### Third Year

<b>Fall</b>		
HHP:1300	Fundamentals of Human Physiology	3
HHP:3200	Health Behavior and Health Promotion	3
Major: elective course <sup>g</sup>		3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

<b>Spring</b>		
HHP:4020	Health Communication and Coaching Strategies	3
Major: elective course <sup>g</sup>		3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

### Fourth Year

<b>Fall</b>		
HHP:3430	Health Management and Administration	3
HHP:4010	Behavioral and Clinical Health Assessment Laboratory	4
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16</b>

<b>Spring</b>		
HHP:4420	Planning and Evaluating Health Interventions	3
Major: experiential learning requirement		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3

Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall)

<b>Hours</b>	<b>15</b>
<b>Total Hours</b>	<b>124-131</b>

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- b Course not required before CHEM:1080 if student has completed high school chemistry.
- c GE CLAS Core courses may be completed in any order unless used as a prerequisite for another course. Students should consult with an advisor about the best sequencing of courses.
- d Fulfills a major requirement and may fulfill a GE requirement.
- e Students may use elective courses to earn credit towards the total s.h. required for graduation or to complete a double major, minors, or certificates.
- f Students who have completed four years of a single language in high school have satisfied the GE CLAS Core World Languages requirement. Enrollment in world languages courses requires a placement exam, unless enrolling in a first-semester-level course.
- g Complete at least 6 s.h. from HHP courses numbered 2000 or above.
- h Please see Academic Calendar, Office of the Registrar website for current degree application deadlines. Students should apply for a degree for the session in which all requirements will be met. For any questions on appropriate timing, contact your academic advisor or Graduation Services.

### Health Studies Track

Course	Title	Hours
<b>Academic Career</b>		
<b>Any Semester</b>		
GE CLAS Core: Sustainability <sup>a</sup>		<b>0</b>
<b>First Year</b>		
<b>Fall</b>		
CHEM:1070	General Chemistry I <sup>b</sup>	3
RHET:1030	Rhetoric	3 - 4
	or ENGL:1200 or The Interpretation of Literature	
GE CLAS Core: Diversity and Inclusion <sup>c</sup>		3
GE CLAS Core: Social Sciences <sup>c</sup>		3
CSI:1600	Success at Iowa	2
<b>Hours</b>		<b>14-15</b>
<b>Spring</b>		
CHEM:1080	General Chemistry II	3
HHP:2200	Physical Activity and Health <sup>d</sup>	3
Major: math/statistics requirement <sup>d</sup>		3
ENGL:1200	The Interpretation of Literature	3 - 4
	or RHET:1030 or Rhetoric	
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>15-16</b>

### Second Year

<b>Fall</b>		
HHP:2310	Nutrition and Health	3
Major: biology requirement <sup>d</sup>		4
GE CLAS Core: Historical Perspectives <sup>c</sup>		3
GE CLAS Core: World Languages First Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		2
<b>Hours</b>		<b>16-17</b>

<b>Spring</b>		
HHP:1100	Human Anatomy	3
GE CLAS Core: Literary, Visual, and Performing Arts <sup>c</sup>		3
GE CLAS Core: International and Global Issues <sup>c</sup>		3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

<b>Third Year</b>		
<b>Fall</b>		
HHP:1300	Fundamentals of Human Physiology	3
HHP:4030	Policy, Environmental, and Social Determinants of Health	3
GE CLAS Core: World Languages Second Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

<b>Spring</b>		
HHP:4390	Understanding Human Disease	3
Major: elective course <sup>g</sup>		3
GE CLAS Core: World Languages Fourth Level Proficiency or elective course <sup>f</sup>		4 - 5
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>16-17</b>

<b>Fourth Year</b>		
<b>Fall</b>		
HHP:4040	Health Services: Current Barriers and Innovative Solutions	3
Major: elective course <sup>g</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
<b>Hours</b>		<b>15</b>

<b>Spring</b>		
Major: elective course <sup>g</sup>		3
Major: elective course <sup>g</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3
Elective course <sup>e</sup>		3

Degree Application: apply on MyUI before deadline (typically in February for spring, September for fall)		
<b>Hours</b>		<b>15</b>
<b>Total Hours</b>		<b>123-129</b>

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- g Students must complete at least 12 s.h. selected from HHP courses numbered 2000 or above.
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