

Name: _____

NORTH DAKOTA STATE UNIVERSITY
 College of Human Development & Education
Human Performance and Fitness Major

8/06

ID: _____

General Education Requirements - 38 Credits Required					Major Requirements - 60 Credits Required				
Course	Number	Course Title	credits	Grade	Course	Number	Course Title	credit	Grade
First Year Experience (F)			1 Sem Credit		BIOL	221	Human Anatomy & Phys II	3	
HD&E	189	Skills for Academic Success	1		BIOL	221L	Human Anatomy & Phys II Lab	1	
Communications Category (C)			9 Sem Credits		HNES	110	Intro to Health, Phys Ed & Rec	1	
ENGL	110	College Composition I	3		HNES	170	Intro to Human Perf & Fitness	2	
ENGL	120	College Composition II	3		HNES	251	Nutrition, Growth & Develop	3	
COMM	110	Fund of Public Speaking	3		HNES	271	Tech of Strength & Conditioning	3	
Quantitative Reasoning (R)			3 Sem Credits		HNES	272	Tech of Cardiovascular Condit	3	
MATH	104	Finite Mathematics	3		HNES	365	Kinesiology	3	
Science & Technology (S)			10 Sem Credits		HNES	368	Biomechanics of Sport & Exercise	3	
CSCI	114 or 116	Microcomputer Packages OR Business Use of Computers	3 or 4		HNES	370	Activity Benefits & Exercise Presc	3	
BIOL	220	Human Anatomy & Physiology	3		HNES	371	Fitness Programming/Mgt	2	
BIOL	220L	Human Anatomy & Phys Lab	1		HNES	455	Sports Nutrition	3	
CHEM	117	Chemical Concepts & Applications	3		HNES	465	Physiology of Exercise	3	
					HNES	466	Physiology Exercise Lab	1	
Humanities & Fine Arts (A)			6 Sem Credits		HNES	467	EKG Monitoring Physiology	2	
					HNES	472	Aerobic Fitness Assess & Techniq	3	
					HNES	473	Aerobic Ex Pres & Adv RT Tech	3	
Social & Behavioral Sciences Category (B)			6 Sem Credits		HNES	475	Internship (Capstone)	12	
					HNES	491	Seminar/HPF	1	
					HNES	491	Seminar/HFI Exam	1	
Wellness (W)			3 Sem Credits		HNES	496	Field Experience	1	
HNES	250	Nutrition Science	3		HNES	496	Field Experience	1	
Cultural Diversity					HPER	210	CPR/First Aid	2	
					Electives - 24 Credits Minimum				
Global Perspectives									
Department Requirements									
BIOL 220/220L, CHEM 117, and Nutr 250, are listed in the Science & Technology and Wellness categories of general education.									
All courses listed on this curriculum guide are required for the major.									
					Total credits Required for Graduation:				122