

# Bachelor of Science in Human Performance

Howard University

College of Arts & Sciences

*Catalog: Fall 2023 – Present*

## Quick Summary - What You Need to Graduate

| Total Credits | Minimum GPA | Major Credits | Last 30 Credits |
|---------------|-------------|---------------|-----------------|
| 120           | 2.0         | 30            | At Howard       |

### Your Degree Breakdown:

- Major Requirements: 30 credits (approximately 10 courses)
- General Education: 30 credits (at least 4 disciplines)
- General Biology: 4 credits (1 course)
- Physics: 5 credits (1 course)
- Math Requirements: 6-8 credits (2 courses)
- General Electives: 24 credits (approximately 8 courses)
- Complete all 7 ELOs (can overlap with courses)
- Undergraduate Comprehensive Exam

### Important: Double-Dipping Made Simple!

One course can fulfill BOTH a General Education requirement AND an Essential Learning Outcome (ELO) at the same time. You don't need separate courses for each! This helps you graduate efficiently without taking extra classes.

Major credits **cannot** be double dipped with minor credits. While students are not required to declare a minor, those who choose to do so must complete **15--18 credits that are not applied toward their major requirements**. Minor coursework must remain distinct and separate from major coursework.

## University-Wide Requirements

- **Minimum GPA:** 2.0 for all undergraduate coursework
- **Residency:** Complete last 30 credits at Howard University
- **Exit Requirement:** Undergraduate Comprehensive Exam
- **Total Credits:** 120 credits required

## **General Education Requirements (54 Credits / ~18 Courses)**

### **Essential Learning Outcomes (ELOs)**

Students must complete courses covering all seven outcome areas. Remember, these can overlap with other requirements!

- **ELO 1:** U.S. and Global African Diasporic Developments
- **ELO 2:** Human Cultures and Creative Expression
- **ELO 3:** The Physical and Natural World
- **ELO 4:** Intellectual and Practical Skills
- **ELO 5:** Social Responsibility and Political Institutions
- **ELO 6:** Leadership and Applied Learning
- **ELO 7:** Comprehensive Wellness Practices

**Note:** ELO courses are tagged in Bison Hub under the course description

### **Freshman Experience (1 Credit / 1 Course)**

- **FRSM 001** - Freshman Seminar (1 credit)

### **Core Writing & Communication (9 Credits / 3 Courses)**

3 courses needed (each 3 credits)

- **ENGW 101, 102, or 104** - First-Year English Writing I (3 credits)
- **ENGW 103 or 105** - First-Year English Writing II (3 credits)
- **COMM 101** - Principles of Speech (3 credits)

### **Cultural and Global Awareness (9 Credits / 3 Courses)**

- **Foreign Language** - 3 courses (9 credits total, same language)

## **Humanities, Philosophy & Social Sciences (15 Credits / 5 Courses)**

- **Two Humanities Courses** - 3 courses (3 credits each)
- **Three Social Science Courses** - 3 courses (3 credits each)
- **Philosophy Elective Course**- 1 (3 credits)

## **Mathematics Requirements (6-8 Credits / 2 Courses)**

- MATH 005 or higher (3-4 credits)
- Math 009 (4 credits)

## **Science Requirements (9 Credits / 2 Courses)**

- **BIOL 101** - General Biology (Lecture & Lab) (4 credits)
- **PHYS 001** - Physics I (5 credits)

## **COAS Special Requirements**

### **Experiential Learning (1 course required)**

Examples of COAS Experiential Learning Course but are not limited to:

- ☐ Internships/Research
- ☐ Any 890 course
- ☐ Study abroad

### **Innovative Learning Requirement (1 course required)**

- ☐ Complete at least one course marked as 'innovative'

**Note:** COAS Special Requirements courses are tagged in Bison Hub under the course description

## **Total Human Performance Major Requirements (30 credits / - 10 courses)**

### **Core Major Courses (37 Credits / 12 Courses)**

Required for all Human Performance students

- **HHPL 102** - Human Anatomy (3 credits)
- **HHPL 103** - Human Physiology (3 credits)
- **HHPL 104** - Kinesiology (3 credits)
- **HHPL 107** - Exercise Physiology I (3 credits)
- **HHPL 130** - Exercise Physiology II (3 credits)
- **HHPL 111** - Motor Learning (3 credits)
- **HHPL 112** - First Aid and CPR (3 credits)
- **HHPL 118** - Athletic Training (3 credits)
- **HHPL 140** - Human Growth and Development (3 credits)
- **HHPL 723** - Intro to Research & Statistics - Writing (3 credits)
- **AHCC 003** - Medical Terminology (3 credits)
- **Two HHPL Courses** - Any 2 HHPL courses (2 credits total, 1 credit each)

## **Concentration**

**Sports Medicine Concentration** - Requirements to be determined in consultation with advisor

## **General Electives (24 Credits- 8 courses)**

Remaining credits to fulfill general elective requirement (varies based on math track and elective choices)

# Sample Degree Progress Checklist

**Always consult with your academic advisor for personalized guidance**

## Freshman Year (29-30 Credits)

### Fall Semester

- FRSM 001 - Freshman Seminar (1 credit)
- ENGW 101/102/104 - First-Year Writing I (3 credits)
- BIOL 101 - General Biology (Lecture & Lab) (4 credits)
- MATH 005 or Higher - Math Course I (3-4 credits)
- Foreign Language I (3 credits)
- One HHPL course (1 credit)

*Fall Total: 15-16 credits*

### Spring Semester

- ENGW 103/105 - First-Year Writing II (3 credits)
- HHPL 102 - Human Anatomy (3 credits)
- HHPL 103 - Human Physiology (3 credits)
- AHCC 003 - Medical Terminology (2 credits)
- Foreign Language II (3 credits)

*Spring Total: 14 credits*

## Sophomore Year (31 Credits)

### Fall Semester

- HHPL 104 - Kinesiology (3 credits)
- MATH 009- Statistics (4 credits)

- PHYS 001 - Physics I (5 credits)
- Social Science Course (3 credits)
- Foreign Language III (3 credits)

*Fall Total: 18 credits*

### **Spring Semester**

- HHPL 107 - Exercise Physiology I (3 credits)
- HHPL 112 - First Aid and CPR (3 credits)
- Humanities Course (3 credits)
- One HHPL course (1 credit)
- General Elective (3 credits)

*Spring Total: 13 credits*

## **Junior Year (30-31 Credits)**

### **Fall Semester**

- HHPL 111 - Motor Learning (3 credits)
- COMM 101 - Principles of Speech (3 credits)
- Social Science Course (3 credits)
- General Elective (3 credits)
- General Elective (3 credits)

*Fall Total: 15 credits*

### **Spring Semester**

- HHPL 118 - Athletic Training (3 credits)
- HHPL 130 - Exercise Physiology II (3 credits)
- Humanities Course (3 credits)
- Social Science Course (3 credits)
- General Elective (3 credits)

*Spring Total: 15 credits*

## **Senior Year (28-30 Credits)**

### **Fall Semester**

- HHPL 723 - Intro to Research & Statistics - Writing (3 credits)

- HHPL 140 - Human Growth and Development (3 credits)
- Philosophy (AS) (3 credits)
- Experiential Learning (3 credits)
- General Electives (3-6 credits)
- Take Undergraduate Comprehensive Exam

*Fall Total: 15-18 credits*

### **Spring Semester**

- General Electives (9-12 credits)
- Innovative Learning (if not completed already)
- Apply for graduation

*Spring Total: 9-12 credits*

## **Key Requirements Summary**

- **Minimum Overall GPA:** 2.0
- **Credits in Major:** 43 minimum
- **Residency:** Last 30 credits at Howard University
- **General Education:** 30 credits across at least 4 disciplines
- **General Electives:** 24 credits

## **Important Notes for Success**

- **Science Course Load:** Human Performance majors take a rigorous science and health curriculum. Plan your schedule carefully to balance lab and practical courses.
- **Prerequisites:** Many upper-level HHPL courses require completion of foundational anatomy and physiology courses.
- **Foreign Language:** Must complete 12 credits (4 courses) in the same language.
- **Math Requirement:** Two math courses at MATH 005 or higher level required.
- **Sports Medicine Concentration:** Students interested in the Sports Medicine concentration should consult with their advisor for specific requirements.
- **ELO Requirements:** Many built-in general education courses will automatically satisfy ELO requirements.
- **Advisor Consultation:** Consult with your academic advisor each semester for course planning.

- **Scholarship Requirements:** Students are required to successfully pass a minimum of 15 credits each semester. There is an exception for students in their final term to take less than 15 credits and still be awarded their scholarship.
- **Freshman:** 0-29 completed credits
- **Sophomore:** 30-59 completed credits
- **Junior:** 60-89 completed credits
- **Senior:** 90 or more completed credits

## Resources & Support

- **Academic Advisor:** Contact Office of Undergraduate Studies for assignment
- **Department Office:** Human Performance Department, College of Arts & Sciences
- **Career Services:** Available for students interested in careers in sports medicine, athletic training, exercise science, and related fields
- **Research Opportunities:** Speak with faculty about research positions in exercise physiology and human performance

*\*Always consult with your academic advisor for personalized guidance*