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)
  (3 credits can be an intercultural knowledge)

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)
- **HHPL Course -** Any 2-credit Health/Activity course (2 credits)

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*