

HUMAN HEALTH AND PHYSIOLOGY (BS IN HUMAN HEALTH AND PHYSIOLOGY)

Human Health and Physiology BS

A B.S. degree in Human Health and Physiology prepares students for a wide variety of academic and professional pursuits in fields that specialize in human health. The program places specific emphasis on the scientific study of the physiological processes involved in human health including physical and motor activity, response mechanisms, and the effects of injury, disease, and disability as well as contemporary issues and ethics in health sciences and statistical methods for studying these phenomena. The degree program includes instruction in muscular and skeletal anatomy; molecular and cellular basis of muscle contraction; nutrition; neurophysiology of motor mechanics; systemic physiological responses (respiration, blood flow, endocrine secretions, etc.); fatigue and exhaustion; muscle and body training; physiology of specific exercises and activities; physiology of injury; and the effects of disabilities and disease on humans.

Course Requirements

Code	Title	Hours
Core Requirements		
HHP 101	Intro to the Human Body	3
HHP 130	Introduction to Nutrition	3
HHP 210	Human Anatomy	3
HHP 210L	Anatomy Laboratory	1
or HHP 211L	Dissection Human Anat Lab	
HHP 300	Statistical and Data Analysis in Health Sciences	3
HHP 320	Human Physiology	3
HHP 320L	Human Physiology Lab	1
HHP 325	Exercise Physiology	3
HHP 342	Ethics in Human Hlth/Physio	3
Electives		
Select nine credits from the following:		9
HHP 310	Biomechanics Human Movement	
HHP 314	Medical Terminology	
HHP 315	Health-Related Exercise Prescription	
HHP 316	Medical Pharmacology	
HHP 317	Motor Control	
HHP 325L	Exercise Physiology- Lab	
HHP 326	Microbes in Human Disease	
HHP 326L	Microbes in Human Disease Laboratory	
HHP 330	Nutrition and Human Performance	
HHP 331	Nutrition Across the Lifespan	
HHP 411	Cardiovascular Physiology	
HHP 414	Physiology of Aging	
HHP 430	Adv Topics in Nutrition	
HHP 470	Independent Study	
HHP 480	Research	
Capstone ¹		
Select three credits from the following:		3

HHP 410	Advanced Topics in Human Health
HHP 420	Advanced Topics in Physiology
HHP 430	Adv Topics in Nutrition
HHP 490	Advanced Research in Human Health
HHP 498	Internship

Total Hours 35

¹ Meets Major Writing Requirement

Major Computing Requirement

Code	Title	Hours
HHP 300	Statistical and Data Analysis in Health Sciences	3