

Human Performance

The health and well-being of the individual have important significance in the future of society. The health, fitness, wellness, development of movement and performance skills are essential components for professionals in the field of Health and Human Performance. The Health and Human Performance degree programs allow the individual student an opportunity to develop knowledge and skills for preparation as productive professionals.

Students who successfully complete the requirements for graduation in Health and Human Performance acquire the skills and knowledge necessary for teaching and/or coaching in the elementary school, middle school or high school. Other employment opportunities include YMCA's, fitness centers, camps, city parks and recreational centers.

A primary goal of the Department of Health and Kinesiology is to prepare students to teach health and physical education, K-12. The teacher preparation courses include work in general education, professional education, physical education and health. Throughout the undergraduate coursework, students engage in a variety of hands on experiences which culminate with student teaching during the senior year. The minimum total credit hours required for the Bachelor of Science degree is 133. Students completing the bolded courses and some additional hours may apply for an Associate of Arts degree from the Lone Star College System.

The staff members in the Academic Student Services Office at the UC assist all students in determining which program of study to pursue. This includes providing information about the variety of programs available, reviewing transcripts to aid in identifying any courses to be completed before entering the program of choice, and serving as liaison between the student and university program representatives. Students who have already earned an associate's degree or have a substantial number of college academic credit hours should contact the Academic Student Services Office for advising and to begin the transfer admission process for the university offering the degree program they desire to pursue.

This brochure was created by the Academic Student Services Office based on information from the partner university.

For more information, please contact

Detra Cunningham
936-273-7511
281.618.7140 or 936.273.7510
LoneStar.edu/UniversityCenter

3232 College Park Drive
The Woodlands, TX 77384.

Human Performance

Bachelor of Science

Texas Southern University at



**Human Performance
Bachelor of Science
Texas Southern University**

<u>TSU Course #</u>	<u>TSU Course Title</u>	<u>LSCS Course #</u>
Communications (9 hrs)		
ENG 131	Freshman English I	ENGL 1301
ENG 132	Freshman English II	ENGL 1302
SC 135	Business & Professional Communication	SPCH 1321
or SC 136	Public Address	SPCH 1315
Mathematics (3 hrs)		
MATH 133	College Algebra	MATH 1314
Natural Sciences (12 hrs)		
BIO 143	Survey of Life Science	BIOL 1408
BIO 245 & 245L	Human Anatomy & Phy.	BIOL 2401
PHYS 141	Principles of Physical Sc.	PHYS 1410
or GEOL 141	Introduction to the Earth	GEOL 1403
Humanities (3 hrs)		
ENG 230	World Literature I	ENGL 2332
Visual & Performing Arts (3 hrs)		
*AESTHETIC	*(Select one course below)	(See Below)
*MUSI 239	Fine Arts in Daily Living	HUMA 1301
SOC 141	Social Psychology	SOCI 2326
THC 130	Introduction to Theatre	DRAM 1310
History (6 hrs)		
HIST 231	History of US to 1877	HIST 1301
HIST 232	History of US since 1877	HIST 1302
Political Science (6 hrs)		
POLSC 231	American Political Systems I	GOVT 2301
POLSC 232	American Political Systems II	GOVT 2302

<u>TSU Course #</u>	<u>TSU Course Title</u>	<u>LSCS Course #</u>
Social & Behavioral Sciences (3 hrs)		
PSY 131,131L	General Psychology/ Lab	PSYC 2301
Computer Science (3 hrs)		
CS 116	Introduction to Computer Science I	ITSC 1401
Human Performance Courses (47 hrs)		
**PE 111	Team Sports I	(2) KINE 1100's
**PE 112	Team Sports II	(2) KINE 1100's
PE 127	Foundations I	KINE 1301
**PE 211	Individual/Dual Sp. & Act. I	(2) KINE 1100's
**PE 212	Individual/Dual Sp. & Act. II	(2) KINE 1100's
PE 233	Foundations II	
PE 235	Introduction to Adapted Physical Education	
PE 302	Physical Fitness Programs in Elementary & Secondary Schools	
PE 324	Advanced Swimming	
PE 331	Performance Practicum	
PE 332	Coaching & Officiating Sports Activities for Secondary Schools	
PE 336	Organization & Administration of Physical Education	
PE 337	Move & Skills Dev. For Elem.	
PE 338	Principles & Techniques for Outdoor & Leisure Activities	
PE 378	Individual Development & Motor Learning	
PE 399	Physical Education Seminar	
PE 435	Tests & Measurements	
PE 437	Kinesiology	
PE 438	Physiology of Exercise	
Health Courses (5 hrs)		
HED 233	History & Principles of Health	KINE 1304
HED 333	Emergency & Care of Injuries	

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Curriculum & Instruction Courses (18 hrs)		
EDCI 310	Principles & Foundations of Education	
EDCI 328	Psychology of Learning, Growth & Development	
EDCI 339	Assessment & Evaluation	
EDCI 350	Instructional Methods & Class Management	
EDCI 466	Directed Student Teaching- Human Performance	
Reading Education Courses (6 hrs)		
RDG 400	Content Area Reading	
RDG 404	Reading/Study Skills Prep for ExCET	
Special Education Courses (6 hrs)		
SPED 309	Survey Exceptional Ed I	
SPED 370	Survey Exceptional. Ed II	
Upper Level Electives (3 hrs)		
Total program hours		133*

**Select any two (2) individual/dual or team sports in KINE 1100's, excluding 2 or 3 credit courses.

*Please refer to TSU catalog for an changes.