MURRAY STATE COLLEGE

Associate of Science in Health, Wellness, & Human Performance
2026-27 Degree Check

Name:	**Completed by:**
ID:	**Date:**

General Education Requirements (37 Credits)	**Credits**	**Grade**	**Semester**	**Notes**
Communication (6 Credits)				
ENG-1113 English Composition I	3			
ENG-1213 English Composition II	3			
History and U.S. Government (6 Credits)				
HST-1483 US History to the Civil War **or** HST-1493 US History since the Civil War	3			
GVT-1113 American Federal Government	3			
Science (8 Credits)				
BIO-1114 General Biology **or** other lab science course	4			
CHM-1114 General Chemistry I **or** other lab science course	4			
Humanities (6 Credits)				
	3			
	3			
Mathematics (3 Credits) Any college-level general education math course.				
	3			
Liberal Arts (3 Credits)				
PSY-1113 Introductory Psychology **or** SOC-1113 Introduction to Sociology	3			
General Education Electives (4-5 Credits) See catalog for a list of courses.				
Completed HS computer course: ☐ If student did not complete a high school computer course, at least one elective or program course must have a CIS or CS prefix.				
Student Success (1 Credit) For first-time freshmen				
COL-1211 Success Strategies	1			

Program Requirements (23 Credits)	**Credits**	**Grade**	**Semester**	**Notes**
Program Core (12 Credits)				
HWP-1113 Personal Health	3			
HWP-2213 First Aid	3			
NUT-1553 Nutrition **or** HWP-1133 Sports Nutrition	3			
HWP-2713 Care sand Prevention of Athletic Injuries	3			
Program Electives (8 Credits)				
AP-1113 Applied Anatomy (Fall only)	3			
HWP-2222 Sports Rules & Officiating	2			
HWP-2963 Introduction to Kinesiology (Spring only)	3			
Recommended Program Electives (3 Credits)				
HWP-1132 Lifetime Wellness	2			
HWP-2232 Theory of Coaching Baseball	2			
HWP-2242 Theory of Coaching Basketball	2			
HWP-2813 Issue Awareness	3			
HWP-1011 Strength and Conditioning	1			
NUT-1553 Nutrition **or** HWP-1133 Sports Nutrition	3			
PSY-2213 Wellness, Exercise, and Sports Psychology	3			

Substitutions must be approved by Program Chair

Total Credit Hours Required: 60 ☐ **15 hours at MSC** ☐ **Min 2.0 GPA** ☐ **Computer Course** ☐ **Min 37 Hours in Gen Ed Core** ☐