

DEPARTMENT OF

# HUMAN PERFORMANCE & RECREATION

The following information will get you off to the right start; therefore, here are your first assignments:

## 1. Declare the major you are most interested in:

You will learn more about how to do this at “Get Connected” (see below). This will get you connected to I-Plan, which will guide you in your course selection, and it will get you on the email list for announcements about things like society activities and other important information.

## 2. Review the degree requirements for your chosen major in the online catalog as well as the requirements for your second choice of a major if you were to change majors:

Understanding the degree requirements early is important, because you can plan which classes to take. If you happen to have a second choice for a major, see if there are any common classes and make a plan to enroll in those courses in the first few semesters.

If you have questions regarding classes, contact your Academic Advisor in the College of Agriculture and Life Science: (208) 496-9830 or [calsadvising@byui.edu](mailto:calsadvising@byui.edu)



## Janell Greenwood

DEPARTMENT CHAIR  
(208) 496-4708

[GREENWOODJ@BYUI.EDU](mailto:GREENWOODJ@BYUI.EDU)

Welcome to BYU-Idaho and the Department of Human Performance and Recreation! My name is Janell Greenwood, and I am the department chair. As you may be aware, we have three majors:

1. Exercise Physiology
2. Recreation Management
3. Therapeutic Recreation.

### 3. Enroll in “orientation to the major” course for your major:

We have created courses to introduce you to the major you have declared. Ideally, you will take your orientation course in your first semester, but the second semester is fine as well. These courses will provide important information about the major, the basics about potential career paths, and get you started with some skills that you will use in future classes. Exercise Physiology majors (and students who are interested in applying to the Physical Therapy Assistant program) should enroll in ESS 111 Business Trends in Health and Fitness as soon as possible (your first or second semester). If you are majoring in Recreation Management or Therapeutic Recreation, enroll in RM 100 Recreation Management Orientation as soon as possible.

### 4. Attend the academic connections orientation meeting at “Get Connected”:

Your first few days on campus will be filled with getting moved into your apartment and several important informational meetings. At the end of the day, you will be directed to a meeting with the College of Agriculture and Life Sciences where you will meet the dean of the college, me and faculty members. This is a great time to ask questions and learn more about your major.

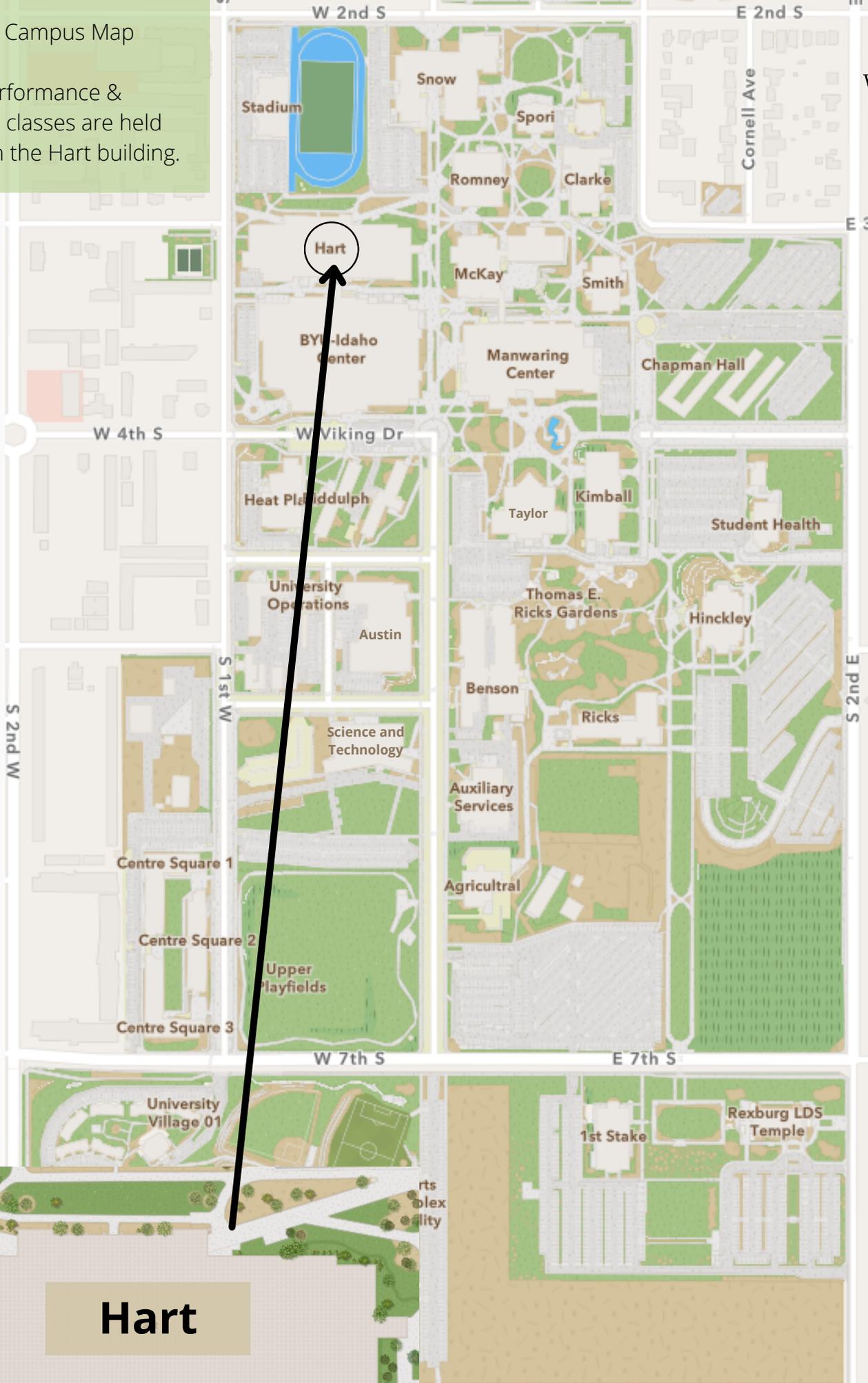
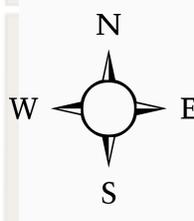
Thank you for your interest in our programs. We are excited to meet you and help you reach your academic goals as you prepare yourself to serve in whatever role you have after BYU-Idaho.

Sincerely,

Janell Greenwood

# BYU-Idaho Campus Map

Human Performance & Recreation classes are held primarily in the Hart building.



**Hart**