

Health Science: Pre-Athletic Training 3+2

Bachelor of Science (BS)

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year

Fall Courses	Credits	Spring Courses	Credits
EXER161 Intro to Health and Exercise Science	3	BIOL110 Principles of Biology 1 (N)	4
HLSC115/BIOL180 Human Anatomy & Physiology 1 (N)	4	HLSC108/BIOL108 Medical Terminology for Health Professions	3
PSYC100 Introduction to Psychology	3	HLSC120/BIOL181 Human Anatomy & Physiology 2	4
FYS 100 First Year Seminar (F)	3	General Education/Elective	6
General Education/Elective	3		
Semester Total	16	Semester Total	17

Second Year

Fall Courses	Credits	Spring Courses	Credits
CHEM121 Chemistry 1 (N)	4	EXER378 Exercise Physiology	3
EXER282 Care and Prevention of Physical Injury	3	NUTR200 Introduction to Nutrition	3
HLSC200 Introduction to Disease	3	STAT141 Introduction to Statistics (Q)	3
General Education / Elective	6	General Education/Elective	6
Semester Total	16	Semester Total	15

Third Year

Fall Courses	Credits	Spring Courses	Credits
EXER351 Biomechanics	3	HLSC420 Rehabilitation Science	3
EXER380 Research in Health and Exercise Science	3	HLSC451 Advanced Human Anatomy	3
HLSC332 Psychological Considerations of Injury and Illness	3	HLSC498 Professional Field Experience in Health Science	3
PHYS208 Physics 1 or PHYS125 Physics of Sport	4/3	General Education/Elective	7
General Education/Elective	3/4		
Semester Total	16	Semester Total	16

Fourth Year

Fall Courses	Credits	Spring Courses	Credits
MS-AT Program	15	MS-AT Program	9
Semester Total	15	Semester Total	9

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

Curriculum Checklist

Health Science Core (43 or 44 Credits)

- ___ EXER161 Introduction to Health and Exercise Science (3)
- ___ EXER282 Care and Prevention of Athletic Injury (3)
- ___ EXER351 Biomechanics (3)
- ___ EXER378 Exercise Physiology (3)
- ___ EXER380 Research Methods in Health & Exercise Science (3)
- ___ HLSC108/BIOL108 Medical Terminology for Health Science (3)
- ___ HLSC120/BIOL181 Human Anatomy and Physiology 2 (4)
- ___ HLSC200 Introduction to Disease (3)
- ___ HLSC420 Rehabilitation Science (3)
- ___ HLSC451 Advanced Human Anatomy (3)
- ___ HLSC498 Professional Field Experience in Health Science (3)
- ___ NUTR200 Introduction to Nutrition (3)
- ___ PHY208 Physics 1 (4) or PHY125 Physics of Sports (3)
- ___ PSYC100 Introduction to Psychology (3)

Health Science Electives (4 or 5 Credits)

- ___ EXER294 Resistance Training Techniques
- ___ EXER306 Psychology of Sport & Exercise
- ___ EXER360 Sport Nutrition
- ___ EXER453 Clinical Exercise Physiology
- ___ EXER477 Exercise Testing and Prescription
- ___ EXER478 Advanced Exercise Physiology
- ___ HLTH110 Orientation to Athletic Training
- ___ HLTH140 Introduction to Public Health
- ___ HLTH208 Stress Management and Life Skills for Health Promotion
- ___ HLTH210 Public Health, Social Justice, and Advocacy
- ___ HLTH212 Introduction to Global Health Promotion
- ___ HLTH218 Public Health and the Environment
- ___ HLTH235 Community-level Health Methods and Strategies
- ___ HLTH236 Health Literacy and Patient Education
- ___ HLTH240 Introduction to Epidemiology
- ___ HLTH307 Cultural Aspects of Health
- ___ HLTH350 Planning Health Promotion Programs
- ___ HLTH401 Current Health Issues
- ___ HLTH402 Evaluating Health Education and Promotion Programs
- ___ HLSC406 Biomechanics of Musculoskeletal Injury
- ___ HLSC407 Advanced Human Physiology
- ___ HLSC415 Pharmacology
- ___ HLSC452 Advanced Human Anatomy Lab
- ___ HLTH465 Rural Health Issues
- ___ HLTH470 Sex Education for Health Sciences
- ___ HLSC490 Special Topics
- ___ NUTR310 Nutrition Assessment and Medical Terminology
- ___ NUTR325 Nutrition Counseling and Education
- ___ NUTR350 Nutrition in Healthcare
- ___ SPPP208 Introduction to Sport and Performance Psychology
- ___ SPPP318 Advanced Theory and Application of Sport and Performance Psychology

MS-AT Course Transfer (24 Credits)

General Education Requirements

(48 credits)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
 - Quantitative: STAT141 Statistics (3)
- Interconnections (9 credits)
- Citizenship & Responsibility (6 credits from at least two goals)
 - Critical Reasoning: HLSC332 Psychological Considerations of Injury and Illness (3)
- Natural World & Technologies (9 credits)
 - BIOL110 Principles of Biology 1 (4)
 - CHEM121 General Chemistry 1 (4)
 - HLSC115/BIOL180 Human Anatomy & Physiology 1 (4)
- Creativity & Expression (6 credits)

Degree Requirements

All students must obtain a minimum of 120 credits, complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 2.0 in the major and overall are required. A GPA of 3.0 and a grade of C or better in all prerequisite courses is required for admission to the MS-AT program.

Campus Locations

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|-------------------|--|
| Bloomsburg | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended |
| Lock Haven | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended |
| Mansfield | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| Clearfield | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input type="checkbox"/> Blended |