### 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**

<table>
<thead>
<tr>
<th>First Year</th>
<th>Credits</th>
<th>Spring Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall Courses</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EXER161 Intro to Health and Exercise Science</td>
<td>3</td>
<td>BIOL110 Principles of Biology 1 (N)</td>
<td>4</td>
</tr>
<tr>
<td>HLSC115/Biol180 Human Anatomy &amp; Physiology 1 (N)</td>
<td>4</td>
<td>HLSC108/Biol180 Medical Terminology for Health Professions</td>
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<tr>
<td>PSYC100 Introduction to Psychology</td>
<td>3</td>
<td>HLSC120/Biol181 Human Anatomy &amp; Physiology 2</td>
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<tr>
<td>FYS 100 First Year Seminar (F)</td>
<td>3</td>
<td>General Education/Elective</td>
<td>6</td>
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<td><strong>Semester Total</strong></td>
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<tbody>
<tr>
<td><strong>Fall Courses</strong></td>
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<tr>
<td>CHEM121 Chemistry 1 (N)</td>
<td>4</td>
<td>EXER378 Exercise Physiology</td>
<td>3</td>
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<tr>
<td>EXER282 Care and Prevention of Physical Injury</td>
<td>3</td>
<td>NUTR200 Introduction to Nutrition</td>
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<td>HLSC200 Introduction to Disease</td>
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<td>STAT141 Introduction to Statistics (Q)</td>
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<tr>
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<tr>
<td>EXER351 Biomechanics</td>
<td>3</td>
<td>HLSC420 Rehabilitation Science</td>
<td>3</td>
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<tr>
<td>EXER380 Research in Health and Exercise Science</td>
<td>3</td>
<td>HLSC451 Advanced Human Anatomy</td>
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<tr>
<td>HLSC332 Psychological Considerations of Injury and Illness</td>
<td>3</td>
<td>HLSC498 Professional Field Experience in Health Science</td>
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<tr>
<td>PHYS208 Physics 1 or PHYS125 Physics of Sport</td>
<td>4/3</td>
<td>General Education/Elective</td>
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<tr>
<td>MS-AT Program</td>
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<td>MS-AT Program</td>
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<tr>
<td><strong>Semester Total</strong></td>
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<td><strong>Semester Total</strong></td>
<td>9</td>
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</tbody>
</table>

**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.
Pre-Athletic Training 3+2

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/BIOI108 Medical Terminology for Health Science (3)
__ HLSC120/BIOI181 Human Anatomy and Physiology I (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
__ 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

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 I (4)
  - CHEM121 General Chemistry 1 (4)
  - HLSC115/BIOI180 Human Anatomy & Physiology I (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

- Bloomsburg □ Online; □ In-person; ☒ Blended
- Lock Haven □ Online; □ In-person; ☒ Blended
- Mansfield □ Online; □ In-person; ☐ Blended
- Clearfield □ Online; □ In-person; ☐ Blended

Revised April 2024