College of Health Professions

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>Fall Courses</th>
<th>Credits</th>
<th>Spring Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXER161 Intro to Health and Exercise Science</td>
<td>3</td>
<td>BIOL110 Principles of Biology 1</td>
<td>4</td>
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<tr>
<td>HLSC115/BIOL180 Human Anatomy &amp; Physiology 1</td>
<td>4</td>
<td>HLSC108/BIOL108 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>
<td>4</td>
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<td>First Year Seminar</td>
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<td>General Education</td>
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<tr>
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<td>General Education</td>
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<table>
<thead>
<tr>
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<th>Fall Courses</th>
<th>Credits</th>
<th>Spring Courses</th>
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<tbody>
<tr>
<td>CHEM121 Chemistry 1</td>
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<td>EXER378 Exercise Physiology</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 Statistics</td>
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<th>Fall Courses</th>
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<tbody>
<tr>
<td>EXER351 Biomechanics</td>
<td>3</td>
<td>HLSC420 Rehabilitation Science</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 PHYS206 Physics for Health Professions or PHYS125 Physics of Sport</td>
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<tr>
<td>General Education</td>
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<td>Elective</td>
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<td>Semester Total</td>
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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.

Revised June, 2023
## Curriculum Checklist

### Health Science Core (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)
- **HLSC240** Rehabilitation Service (3)
- **HLSC451** Advanced Human Anatomy (3)
- **HLSC498** Professional Field Experience in Health Science (3)
- **NUTR200** Introduction to Nutrition (3)
- **HLSC108/BIOL108** Medical Terminology for Health Science (3)
- **HLSC120/BIOL181** Human Anatomy and Physiology 2 (4)
- **HLSC200** Introduction to Disease (3)
- **HLSC240** Rehabilitation Service (3)
- **HLSC451** Advanced Human Anatomy (3)
- **HLSC498** Professional Field Experience in Health Science (3)
- **NUTR200** Introduction to Nutrition (3)

### Health Science Electives (4 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
- **HLSC110** Orientation to Athletic Training
- **HLSC140** Introduction to Public Health
- **HLSC208** Stress Management and Life Skills for Health Promotion
- **HLSC211** Public Health, Social Justice, and Advocacy
- **HLSC212** Introduction to Global Health Promotion
- **HLSC218** Public Health and the Environment
- **HLSC235** Community-level Health Methods and Strategies
- **HLSC236** Health Literacy and Patient Education
- **HLSC240** Introduction to Epidemiology
- **HLSC307** Cultural Aspects of Health
- **HLSC350** Planning Health Promotion Programs
- **HLSC401** Current Health Issues
- **HLSC402** Evaluating Health Education and Promotion Programs
- **HLSC406** Biomechanics of Musculoskeletal Injury
- **HLSC415** Pharmacology
- **HLSC452** Advanced Human Anatomy Lab
- **HLSC470** 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 (45 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

- **Bloomsburg**: Online; In-person; Blended
- **Lock Haven**: Online; In-person; Blended
- **Mansfield**: Online; In-person; Blended
- **Clearfield**: Online; In-person; Blended

*Revised June, 2023*