College of Health, Science, and Technology

Bloomsburg LOCK HAVEN MANSFIELD
COMMONWEALTH UNIVERSITY

Health Science: Pre-Athletic Training

Bachelor of Science (BS)

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

Sample 4-Year Plan

First Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER161 Introduction to Health and Exercise Science	3	BIOL110 Principles of Biology 1	4
HLSC115 or BIOL180 Anatomy & Physiology 1	4	HLSC108 or BIOL108 Medical Terminology	3
PSYC100 Introduction to Psychology	3	HLSC120 or BIOL181 Human Anatomy & Physiology 2	4
FYS100 First Year Seminar	3	General Education / Elective	3
General Education	3		
Semester Total	16	Semester Total	14

Second Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
CHEM121 Chemistry 1	4	EXER378 Exercise Physiology	3
HLSC200 Introduction to Disease	3	NUTR200 Introduction to Nutrition	3
EXER282 Care and Prevention of Physical Injury	3	PHYS208 **Physics 1** or PHYS125 **Physics of Sports**	3/4
General Education / Elective	6	General Education / Elective	6/7
Semester Total	16	Semester Total	16

Third Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER351 Biomechanics	3	HLSC420 Rehabilitation Science	3
HLSC332 Psychological Considerations of Injury and Illness	3	HLSC498 Professional Field Experience in Health Science	3
STAT141 Introduction to Statistics	3	General Education / Elective	9
General Education / Elective	6		
Semester Total	15	Semester Total	15

Fourth Year			
Fall Courses	**Credits**	**Spring Courses**	**Credits**
EXER380 Research in Health and Exercise Science	3	General Education / Elective	12
HLSC451 Advanced Human Anatomy	3		
General Education / Elective	10		
Semester Total	16	Semester Total	12

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 February 2025

Pre-Athletic Training

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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 or BIOL108 Medical Terminology (3)
___ HLSC120 or BIOL181 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)

Major Area Electives (16/17 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
___ HLSC307 Cultural Aspects of Health*
___ HLSC340 Epidemiology*
___ HLSC350 Planning Health Promotion Programs*
___ HLSC401 Current Health Issues*
___ HLSC402 Evaluating Health Education and Promotion Programs*
___ HLSC406 Biomechanics of Musculoskeletal Injury*
___ HLSC407 Advanced Human Physiology*
___ 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*

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 Introduction to 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 or BIOL180 Anatomy & Physiology 1 (4)
- Creativity & Expression (6 credits)

^ Enrollment in course is contingent on an ALEKS math placement score >61 or successful completion of MATH118 College Algebra with a grade of C or better.

Degree Requirements

All students must obtain a minimum of 120 credits (A minimum of 42 credits must be advanced course work), 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.

*Denotes advanced coursework
Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.