# Health Science: Pre-Athletic Training

## 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

<table>
<thead>
<tr>
<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>
</tr>
<tr>
<td>HLSC115/BIOL180 Human Anatomy &amp; Physiology 1</td>
<td>4</td>
<td>HLSC108/BIOL108 Medical Terminology for Health Professions</td>
<td>3</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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<tr>
<td>First Year Seminar</td>
<td>3</td>
<td>General Education</td>
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<td>General Education</td>
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<tr>
<td>Semester Total</td>
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<td>Semester Total</td>
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### Second Year

<table>
<thead>
<tr>
<th>Fall Courses</th>
<th>Credits</th>
<th>Spring Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM121 Chemistry 1</td>
<td>4</td>
<td>EXER378 Exercise Physiology</td>
<td>3</td>
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<tr>
<td>HLSC200 Introduction to Disease</td>
<td>3</td>
<td>NUTR200 Introduction to Nutrition</td>
<td>3</td>
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<tr>
<td>HLSC202 Care and Prevention of Physical Injury</td>
<td>3</td>
<td>STAT141 Statistics</td>
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<tr>
<td>General Education</td>
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<td>General Education</td>
<td>6</td>
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<tr>
<td>Elective</td>
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<td></td>
<td></td>
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<tr>
<td>Semester Total</td>
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<td>Semester Total</td>
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### Third Year

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<th>Fall Courses</th>
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<th>Spring Courses</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXER351 Biomechanics</td>
<td>3</td>
<td>HLSC420 Rehabilitation Science</td>
<td>3</td>
</tr>
<tr>
<td>HLSC332 Psychological Considerations of Injury and Illness</td>
<td>3</td>
<td>HLSC498 Professional Field Experience in Health Science</td>
<td>3</td>
</tr>
<tr>
<td>PHYS208 Physics 1 or PHYS206 Physics for Health Professions or PHYS125 Physics of Sport</td>
<td>4</td>
<td>General Education</td>
<td>3</td>
</tr>
<tr>
<td>General Education</td>
<td>3</td>
<td>Elective</td>
<td>6</td>
</tr>
<tr>
<td>Elective</td>
<td>3</td>
<td></td>
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</tr>
<tr>
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<td>Semester Total</td>
<td>15</td>
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### Fourth Year

<table>
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<th>Fall Courses</th>
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<th>Spring Courses</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>EXER380 Research in Health and Exercise Science</td>
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<tr>
<td>HLSC451 Advanced Human Anatomy</td>
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<td>10</td>
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<tr>
<td>Elective</td>
<td>10</td>
<td></td>
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</tr>
<tr>
<td>Semester Total</td>
<td>16</td>
<td>Semester Total</td>
<td>12</td>
</tr>
</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.
Curriculum Checklist

Health Science Core (44 Credits)

___ EXER161 Introduction to Health and Exercise Science (3)
___ EXER282 Care and Prevention of Athletic Injury (3)
___ EXER315 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 I (3)
___ HLSC200 Introduction to Disease (3)
___ HLSC420 Rehabilitation Service (3)
___ HLSC451 Advanced Human Anatomy (3)
___ HLSC498 Professional Field Experience in Health Science (3)
___ NUTR200 Introduction to Nutrition (3)
___ PHY208 Physics 1 or PHY125 Physics of Sports or PHY206 Physics for Health Professions (4)
___ PSY100 Introduction to Psychology (3)

Health Science Electives (12 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

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 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.

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