

# Health Science: Pre-Physical Therapy

## 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
BIOL110 Principles of Biology 1	4	CHEM121 General Chemistry 1	4
EXER161 Orientation to Health and Exercise Science	3	HLSC108/BIOL108 Medical Terminology for Health Professions	3
HLSC115/BIOL180 Human Anatomy & Physiology 1	4	HLSC120/BIOL181 Human Anatomy & Physiology 2	4
First Year Seminar	3	PSYC100 Introduction to Psychology	3
		General Education	3
Semester Total	14	Semester Total	17

#### Second Year

Fall Courses	Credits	Spring Courses	Credits
CHEM122 General Chemistry 2	4	BIOL211 Cell Biology	4
EXER351 Biomechanics	3	EXER378 Exercise Physiology	3
HLSC200 Introduction to Disease	3	STAT141 Statistics	3
PSYC212 Lifespan Development	3	SOCI101 Introduction to Sociology	3
General Education	3	General Education	3
Semester Total	16	Semester Total	16

#### Third Year

Fall Courses	Credits	Spring Courses	Credits
HLSC332 Psychological Considerations of Injury and Illness	3	HLSC420 Rehabilitation Science	3
PHYS208 Physics 1	4	HLSC498 Professional Field Experience in Health Science	3
General Education	6	PHYS209 Physics 2	4
Major Area Elective	3	General Education	6
Semester Total	16	Semester Total	16

#### Fourth Year

Fall Courses	Credits	Spring Courses	Credits
EXER380 Research in Health and Exercise Science	3	HLSC451 Advanced Human Anatomy	3
General Education	3	Electives	10
Electives	6		
Semester Total	12	Semester Total	13

#### 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

### Core Requirements (56 credits)

- \_\_\_ BIOL211 Cellular Biology (4)
- \_\_\_ CHEM122 General Chemistry 2 (4)
- \_\_\_ EXER161 Orientation to Health and Exercise Science (3)
- \_\_\_ EXER351 Biomechanics (3)
- \_\_\_ EXER378 Exercise Physiology (3)
- \_\_\_ EXER380 Research Methods in Health and Exercise Science (3)
- \_\_\_ HLSC108/BIOL108 Medical Terminology for Health Professions (3)
- \_\_\_ HLSC120/BIOL181 Human Anatomy & Physiology 2 (4)
- \_\_\_ HLSC200 Introduction to Disease (3)
- \_\_\_ HLSC420 Rehabilitation Science (3)
- \_\_\_ HLSC451 Advanced Human Anatomy Lecture (3)
- \_\_\_ HLSC498 Professional Field Experience (3)
- \_\_\_ PHYS208 Physics 1 (4)
- \_\_\_ PHYS209 Physics 2 (4)
- \_\_\_ PSYC100 Introduction to Psychology (3)
- \_\_\_ PSYC212 Lifespan Development (3)
- \_\_\_ SOCI101 Introduction to Sociology (3)

### Major Area Electives (7 credits)

- \_\_\_ EXER282 Care and Prevention of Physical Injury
- \_\_\_ 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
- \_\_\_ HLSC407 Advanced Human Physiology
- \_\_\_ HLSC415 Pharmacology
- \_\_\_ HLSC452 Advanced Human Anatomy Lab
- \_\_\_ HLSC470 Sex Education for Health Sciences
- \_\_\_ HLSC490 Special Topics
- \_\_\_ NUTR200 Introduction to Nutrition
- \_\_\_ 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)
  - HLSC332 Psychological Considerations of Injury and Illness (3)
- Natural World & Technologies (9 credits)
  - BIOL110 Principles of Biology 1 (4)
  - HLSC115/BIOL180 Human Anatomy & Physiology 1 (4)
  - CHEM121 Chemistry 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.*

## Campus Locations

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