



YEAR 1

Fall semester

Recommended Courses

- First-Year Experience
- College Writing I
- General Chemistry
- Introduction to Health, Physical Education and Recreation
- Introduction to Exercise Science

Spring semester

Recommended Courses

- Anatomy and Physiology
- Introduction to Careers in Health Science
- Prevention and Care of Athletic Injuries
- Speech
- College Algebra

YEAR 2

Fall semester

Recommended Courses

- Pathophysiology
- General Psychology
- Personal and Community Health
- Physics I
- Elementary Statistics

Spring semester

- Personal Training
- Microbiology
- Structural Anatomy
- Biblical Literature
- Lifetime Fitness and Wellness
- humanities course

YEAR 3

Fall semester

- Healthcare Ethics
- Seminar in Health Science
- First Aid CPR for Healthcare Provider
- Kinesiology
- Medical Terminology
- elective

Spring semester

- Exercise Physiology
- Sports Psychology
- Biomechanics
- Nutrition
- elective

YEAR 4

Fall semester

- Administration in Health and Human Performance
- Practicum in Health Sciences
- Design/Implement Strength and Fitness
- electives

Spring semester

- Research Methods in Health and Human Performance
- Practicum in Health Sciences
- Sports Law in Health and Human Performance
- electives



YEAR 1

Fall semester

Recommended Courses

- First-Year Experience
- College Writing I
- General Chemistry
- Introduction to Health, Physical Education and Recreation
- Introduction to Exercise Science
- Beginning Weighlifting

Spring semester

Recommended Courses

- Anatomy and Physiology
- Introduction to Careers in Health Science
- Prevention and Care of Athletic Injuries
- Speech
- College Algebra
- Advanced Weighlifting

YEAR 2

Fall semester

Recommended Courses

- Pathophysiology
- General Psychology
- Personal and Community Health
- Physics I
- Elementary Statistics

Spring semester

- Personal Training
- Microbiology
- Structural Anatomy
- Biblical Literature
- Lifetime Fitness and Wellness
- humanities course

YEAR 3

Fall semester

- Healthcare Ethics
- Seminar in Health Science
- First Aid CPR for Healthcare Provider
- Kinesiology
- Medical Terminology
- elective

Spring semester

- Exercise Physiology
- Sports Psychology
- Biomechanics
- Nutrition
- elective

YEAR 4

Fall semester

- Administration in Health and Human Performance
- Practicum in Health Sciences
- Design/Implement Strength and Fitness
- electives

Spring semester

- Research Methods in Health and Human Performance
- Practicum in Health Sciences
- Sports Law in Health and Human Performance
- electives