

**Piedmont College**  
**4-year plan**

**Program:** BS in Applied Health Science, Fitness and Coaching Track

**Program Mission Statement:** The applied health science program seeks to prepare undergraduate students for careers helping individuals achieve optimal health and fitness while leading more balanced and meaningful lives, rather than discovering or treating disease, by providing the theoretical foundations for nutritional planning, health and wellness promotion, and fitness prescription in both healthy and clinical populations through exemplary classroom and laboratory instruction. Furthermore, the program is dedicated to respecting individual diversity and engaging the community by exposing students to a variety of healthcare settings, practitioners, and patient populations.

FIRST YEAR FALL		FIRST YEAR SPRING	
PDMT 1101 Intro to College Life	1	Art, Music or Theater requirement	3
ENG 1101 Rhetoric and Composition	3	ENG 1102 Literature and Composition	3
BIOL 1101 General Biology 1 (pre-re for 2100)	4	HSCS 2202 Care and Prevention	3
HSCS 1101 Emergency Care Techniques	2	BIOL 2100 Human Anat. & Physiology I	4
HSCS 1110 Introduction to Health Science	3	ANTH 1102, ANTH 2250, EDUC 4401, ENGL 2201, ENGL 2202, HIST 1111, HIST 1112, or RELG 1101	3
<b>Total Hours</b>	<b>13</b>	<b>Total Hours</b>	<b>16</b>

SECOND YEAR FALL		SECOND YEAR SPRING	
HSCS 2210 Basic Nutrition	3	HSCS 2200 Introduction to Health Professions	3
HSCS 2221 Kinesiology and Biomechanics	3	HSCS 2301 Health Promotion	3
ENG Literature 2203-2222, PHIL 2201/2202, or RELG 2201/2254	3	HSCS 2220 Introduction to Disease Process	3
BIOL 2110 Human Anatomy & Physiology II	4	HSCS 3321 Fitness Assessment and Prescription	3
HSCS 2321 Introduction to Coaching	3	BIOL 2150 Medical Microbiology	4
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>16</b>

THIRD YEAR FALL		THIRD YEAR SPRING	
BUSA 1210, PSYC 1101, or SOCI 1101	3	PSYC 2290 Human Growth & Development	3
HSCS 4420 Exercise Prescription for Special Populations	3	HIST 2212 or POSC 1101	3
MATH 1300 Elementary Statistics	3	HSCS 3430 Athletic Administration	3
Foreign Language Requirement	3	Foreign Language Requirement	3
HSCS 3301 Exercise Physiology	4	HSCS 4301 Applied Exercise Physiology	3
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>15</b>

FOURTH YEAR FALL		FOURTH YEAR SPRING	
HSCS 4410 Research Methodology	3	HSCS 4499 Internship	2
HSCS 4411 Health Policy & Law	3	HSCS 3440 Sport Psychology	3
HSCS 3395 Cross-Cultural Health	3	HSCS 4450 Capstone	3
HSCS 4440 Sport Nutrition	3	MATH 1100 or 1113 or 2450	3
Elective	3	MCOM 1110 or BUSA 2000	3
<b>Total Hours</b>	<b>15</b>	<b>Total Hours</b>	<b>14</b>
		<b>Total Hours for Program</b>	<b>121</b>