

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

**Program:** BS in Applied Health Science

**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	MATH 1100 or 1113 or 2450	3
ENG 1101 Rhetoric and Composition	3	ENG 1102 Literature and Composition	3
ANTH 1102, ANTH 2250, EDUC 4401, ENGL 2201, ENGL 2202, HIST 1111, HIST 1112, or RELG 1101	3	ATRG2202 Care and Prevention	3
BIOL 1101 General Biology 1 (pre-re for 2100)	3	BIOL 2100 Human Anat. & Physiology I	4
BLAB 1101 General Biology 1 Lab	1	MCOM 1110 or BUSA 2000	3
HSCS 1110 Introduction to Health Science	3		
HSCS 1101 Emergency Care Techniques	2		
<b>Total Hours</b>	<b>16</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 3321 Fitness Assessment and Prescription	3	HSCS 2301 Health Promotion	3
Foreign Language Requirement	3	Foreign Language Requirement	3
BIOL 2110 Human Anatomy & Physiology II	4	HSCS 2221 Kinesiology and Biomechanics	3
ENG Literature 2203-2222, PHIL 2201/2202, or RELG 2201/2254	3	HSCS 2270 Clinical Nutrition	3
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>15</b>

THIRD YEAR FALL		THIRD YEAR SPRING	
PSY 1101 or SOCI 1101	3	HSCS 3302 Pathology and Pharmacology	4
HSCS 3331 Nutrition Across the Lifespan	3	HIST 2212 or POSC 1101	3
Math 2100 Elementary Statistics	3	BIO 2150 Medical Microbiology	4
HSCS 4440 Sport Nutrition	3	PSYC 2290 Human Growth & Development	3
HSCS 3301 Exercise Physiology	4		
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>14</b>

FOURTH YEAR FALL		FOURTH YEAR SPRING	
HSCS 4410 Research Methodology	3	HSCS 3340 Sport Psychology	3
HSCS 4420 Exercise for Special Populations	3	Art, Music or Theater requirement	3
HSCS 4411 Health Policy & Law	3	HSCS 4450 Capstone	3
HSCS 3395 Cross-Cultural Health	3	Elective	3
Elective	3	Elective	1
<b>Total Hours</b>	<b>15</b>	<b>Total Hours</b>	<b>13</b>
		<b>Total Hours for Program</b>	<b>121</b>