

## 4 Year Plan: Health, Nutrition, and Wellness

<b>FRESHMAN FALL</b>		<b>FRESHMAN SPRING</b>	
PDMT 1101 Intro to College Life	1	MATH 1100 College Algebra	3
ENGL 1101 Rhetoric & Composition	3	ENGL 1102 Literature & Composition	3
HIST 1111/1112 or ANTH 1102/2250	3	ATRG2202 Care and Prevention	3
BIOL 1101 Intro to Biology	4	BIOL 2100 Human A & P 1	4
HSCS 1110 Introduction to Health Science	3	MCOM 1110 or BUSA 2000	3
HSCS 1101 Emergency Techniques	2		
Total Hours	16	Total Hours	16
<b>SOPHOMORE FALL</b>		<b>SOPHOMORE SPRING</b>	
HSCS 2210 Basic Nutrition	3	MATH 2100 Elementary Statistics	3
BIO 2110 Human A & P II	4	HSCS 3321 Fitness Assessment & Prescription	3
Foreign Language Requirement	3	Foreign Language Requirement	3
HSCS 2221 Kinesiology & Biomechanics	3	HSCS 2270 Clinical Nutrition	3
ENG Literature (2203-2222)	3	HSCS 2301 Health and Wellness Promotion	3
Total Hours	16	Total Hours	15
<b>JUNIOR FALL</b>		<b>JUNIOR SPRING</b>	
HSCS 4440 Sport Nutrition	3	HIST 2212 or POSC 1101	3
BIOL 2150 Medical Microbiology	4	HSCS 3301 Physiology of Exercise	4
EDPE 2271 School and Community Health	3	PSYC2290 Human Growth and Development	3
HSCS 3331 Nutrition Across the Lifespan	3	HSCS 3302 Pathology & Pharmacology	4
PSY 1101 or SOCI 1101/2210	3	EDPE elective	1
Total Hours	16	Total Hours	15
<b>SENIOR FALL</b>		<b>SENIOR SPRING</b>	
HSCS 4410 Research Methods in Health Science	3	Elective	3
HSCS 4420 Exercise for Special Populations	3	SOCI4420 Structured Social Inequality	3
PSYC 3382 Introduction to Counseling	3	Elective	3
HSCS 4411 Health Policy and Legal Issues	3	HSCS 4450 Health Sciences Capstone	3
		ART 1100, MUSC 1000 or THTR 1100	3
Total Hours	12	Total Hours	15
		Total Hours for Program	121