

# Health Science: Pre-Athletic Training

## 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
EXER161 Intro to Health and Exercise Science	3	BIOL110 Principles of Biology 1	4
HLSC115/BIOL180 Human Anatomy & Physiology 1	4	HLSC108/BIOL108 Medical Terminology for Health Professions	3
PSYC100 Introduction to Psychology	3	HLSC120/BIOL181 Human Anatomy & Physiology 2	4
First Year Seminar	3	General Education	3
General Education	3		
Semester Total	16	Semester Total	14

#### Second Year

Fall Courses	Credits	Spring Courses	Credits
CHEM121 Chemistry 1	4	EXER378 Exercise Physiology	3
HLSC200 Introduction to Disease	3	NUTR200 Introduction to Nutrition	3
HLSC202 Care and Prevention of Physical Injury	3	STAT141 Statistics	3
General Education	3	General Education	6
Elective	3		
Semester Total	16	Semester Total	15

#### Third Year

Fall Courses	Credits	Spring Courses	Credits
EXER351 Biomechanics	3	HLSC420 Rehabilitation Science	3
HLSC332 Psychological Considerations of Injury and Illness	3	HLSC498 Professional Field Experience in Health Science	3
PHYS208 Physics 1 or PHYS206 Physics for Health Professions or PHYS125 Physics of Sport	4	General Education	3
General Education	3	Elective	6
Elective	3		
Semester Total	16	Semester Total	15

#### Fourth Year

Fall Courses	Credits	Spring Courses	Credits
EXER380 Research in Health and Exercise Science	3	Elective	12
HLSC451 Advanced Human Anatomy	3		
Elective	10		
Semester Total	16	Semester Total	12

#### 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

### Health Science Core (44 Credits)

- \_\_\_ EXER161 Introduction to Health and Exercise Science (3)
- \_\_\_ EXER282 Care and Prevention of Athletic Injury (3)
- \_\_\_ EXER351 Biomechanics (3)
- \_\_\_ EXER378 Exercise Physiology (3)
- \_\_\_ EXER380 Research Methods in Health & Exercise Science (3)
- \_\_\_ HLSC108/BIOL108 Medical Terminology for Health Science (3)
- \_\_\_ HLSC120/BIOL181 Human Anatomy and Physiology II (4)
- \_\_\_ HLSC200 Introduction to Disease (3)
- \_\_\_ HLSC420 Rehabilitation Service (3)
- \_\_\_ HLSC451 Advanced Human Anatomy (3)
- \_\_\_ HLSC498 Professional Field Experience in Health Science (3)
- \_\_\_ NUTR200 Introduction to Nutrition (3)
- \_\_\_ PHY208 Physics 1 or PHY125 Physics of Sports or PHY206 Physics for Health Professions (4)
- \_\_\_ PSYC100 Introduction to Psychology (3)

### Health Science Electives (12 Credits)

- \_\_\_ 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
- \_\_\_ 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)
  - Critical Reasoning: HLSC332 Psychological Considerations of Injury and Illness (3)
- Natural World & Technologies (9 credits)
  - BIOL110 Principles of Biology 1 (4)
  - CHEM121 General Chemistry 1 (4)
  - HLSC115/BIOL180 Human Anatomy & Physiology 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            |