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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2019-2020** | **Bachelor of Science (B.S.) Degree - Allied Health Major: Applied Health Science Concentration (Preferred Plan)  Name:** **ID:** | | | | | | | |
| **Courses in BOLD are required by this major**  **Courses in regular type are to fulfill essential education requirements and DO NOT have to be taken the specific semester stated. Four of these must be theme-based courses from your chosen Essential Education Curriculum theme.**  ***Courses in ITALIC are strongly recommended***  **+denotes courses offered only every other year**  **ALSO REQUIRED FOR GRADUATION**   * **120 credit hours** * **39 Upper division credits** * **2.00 GPA** * **Completion of all major & essential education requirements** |
| **First Year Fall** | **Learning Outcome** | **Sem Hours** | **Date Met** | **First Year Spring** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| INTD1100 Critical Thinking in Arts & Science | 2 | 3 |  | PSYC1300 Introductory Psychology | 5c | **3** |  |
| ENGL1100 Discourse I OR  HONR1010 Honors 10 | 1a | 3 |  | Ethical Thinking and Action | 3 | 3 |  |
| MATH1280 College Algebra | 6b | 3 |  | **PHED1240 Intro to Movement Science** |  | 3 |  |
| Global Learning | 4 | **3** |  | MATH1380 Introduction to Statistics | 6b | 3 |  |
| **CHEM1430/1431 Prin of Chem I/Lab** |  | 4 |  | **CHEM1440/1441 Prin of Chem II/Lab** |  | 4 |  |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **16** |  |
| **Notes:** | | | | | | | |
| **Second Year Fall** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Second Year Spring** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **BIOL3420 Human Anatomy** |  | **4** |  | **BIOL3440 Human Physiology** |  | **4** |  |
| **PHED1260 Movement Science II** |  | **3** |  | ENGL2100 Discourse II OR  HONR2010 Honors 201 | 1b | 3 |  |
| **PHYS1410 Elements of Physics I** |  | **4** |  | PHYS1420 Elements of Physics II |  | 4 |  |
| **PHED1200 Motor Learning** |  | **3** |  | Elective (nutrition could also fit here) |  | **3** |  |
| **HLTH2560 Nutrition** |  | **3** |  | **ATHT3100 Care & Prevention** |  | **3** |  |
| **Total Hours** |  | **17** |  | **Total Hours** |  | **17** |  |
| **Notes: BIOL1520 Organismal Biology w/lab-EVERY SPRING BIOL1520 is the prerequisite for: BIOL2430 Animal Bio w/lab-EVEN FALL ONLY** | | | | | | | |
| **Third Year Fall *(check your degree audit!)*** | **Learning Outcome** | **Sem Hours** | **Date Met** | **Third Year Spring** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **PHED3340 Biomechanics** |  | **3** |  | Histories | 5d | 3 |  |
| Elective |  | 3 |  | ENGL3100 Discourse III | 1c | 3 |  |
| Arts | 5a | 3 |  |
| Humanities | 5b | 3 |  | **PHED4360 Physiology of Exercise** |  | 3 |  |
| **PHED2720 Physical Training Practicum I** |  | **1** |  | Elective |  | 3 |  |
| **PHED2260 Intro. to Performance** |  | **3** |  | Elective |  | 3 |  |
|  |  |  |  | **PHED3720 Physical Training Practicum II** |  | **1** |  |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **16** |  |
| **Notes:** | | | | | | | |
| **Fourth Year Fall**  ***(apply for graduation!)*** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Fourth Year Spring** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **PHED4500 Perform Enhancement Programming** |  | **3** |  | **PHED4800 Fitness and Wellness Internship** |  | **3** |  |
| **HMSC4930 Evidence Based Practice** |  | **3** |  | **UD Elective** |  | 3 |  |
| Science | 6a | 3 |  | **UD Elective** |  | 3 |  |
| UD Elective |  | 3 |  | UD Elective |  | 3 |  |
| UD Elective |  | 3 |  | **HLTH1100 CPR/First Aid** |  | **1** |  |
| **Total Hours** |  | **15** |  | **Total Hours** | **13** | |  |
| **Notes:** | | | | | | | |
| **Updated:**  **04/30/2019** | **DISCLAIMER: These plans are to be used as guides only and are subject to changes in curriculum requirements. Refer to your Graceland Catalog for complete and accurate information. Some courses listed on the plans may have prerequisites that have not been stated. The student has the ultimate responsibility for scheduling and meeting the graduation requirements.** | | | | | | | |
| List of Recommended Electives for students planning to apply to Professional or Graduate programs: ATHT2500 Medical Terminology, ATHT3100 Prevention and Care of Athletic Injuries, BIOL1520 Fundamentals of Organismal Biology, BIOL2100 Fundamentals of Cell Biology and Genetics, BIOL2440 Plant Biology, , PHED/PSYC3130 Sports Psychology, PHED3120 Speed, Agility, Endurance, PHED3410 Theory of Coaching, PHED3420 Practicum of Coaching, PHED4720 Physical Training Practicum III, PHED4730 Advanced Topics in Strength and Conditioning, PHYS1420 Elements of Physics II, PSYC1300 Introduction to Psychology, PSYC3310 Social Psychology, PSYC2250 Developmental Psychology, PSYC3380 Abnormal Psychology, PSYC3390 Cognitive Psychology. | | | | | | | | |

