|  |  |
| --- | --- |
| **2020-2021** | **Bachelor of Science (B.S.) Degree - Allied Health Major: Human and Sport Performance 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. If you choose to earn an Essential Education Theme Concentration, you must complete 4 theme-based courses from one of the Essential Education themes.*****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 |       | **PHED1240 Intro to Movement Science** |  | **3** |  |
| ENGL1100 Discourse I ORHONR1010 Honors 101 OREE  | 1a or       | 3 |       | ENGL1100 Discourse I ORHONR1010 Honors 101 OREE  | 1a or       | 3 |  |
| MATH1280 College Algebra | 6b | 3 |       | EE  |  | 3 |  |
| EE  |       | **3** |       | PSYC1300 Introductory Psychology | 5c | 3 |       |
| *CHEM1430/1431 Prin of Chem I/Lab* |  | 4 |       | MATH1380 Introduction to Statistics | 6b | 3 |       |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **15** |  |
| **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** |  |
| **ATHT3100 Care & Prevention of Athletic Injuries** |  | **3** |       | ENGL2100 Discourse II ORHONR2010 Honors 201 | 1b | 3 |  |
| PHYS1410 Elements of Physics I (Recommended) |  | 4 |       | PHYS1420 Elements of Physics II (Recommended) |  | 4 |  |
| **PHED1260 Movement Science II** |  | 3 |       | **HLTH2560 Nutrition** |  | **3** |  |
| **PHED1200 Motor Learning** |  | 3 |       | Elective       |  | 3 |       |
| **Total Hours** |  | **17** |  | **Total Hours** |  | **17** |  |
| **Notes: PHYS1410 and PHY1420 recommended during this year** |
| **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 |       | Elective       |  | **3** |       |
| **PHED2260 Intro. to Performance**  |  | **3** |       | **PHED3120 Speed, Agility, and Endurance**  |  | 2 |       |
| PHED3410 Theory of Coaching (Recommended) |  | 1 |       | **PHED4360 Physiology of Exercise** |  | 3 |       |
|  |  |  |  | PHED3420 Coaching Practicum |  | 2 |       |
|  |  |  |  |  |  |  |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **17** |  |
| **Notes: \*** |
| **Fourth Year Fall*****(apply for graduation!)*** | **Learning Outcome** | **Sem****Hours** | **Date Met** | **Fourth Year Spring** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **PHED4500 Performance Enhancement Programming**  |  | **3** |       | **PHED4800 Allied Health Internship** |  | **3** |       |
| **HMSC4930 Evidence Based Practice** |  | **3** |       | **PHED4730 Advanced Topics in Strength and Conditioning** |  | 3 |       |
| Science       | 6a | 3 |       | **PHED/PSYC3130 Sports Psychology**  |  | 3 |       |
| UD Elective       |  | 3 |  | UD Elective       |  | 3 |       |
| **HLTH1100 CPR/First Aid** |  | **1** |       | **PHED4726 Practicum of Human Performance** |  | **3** |       |
|  |  |  |  |  |  |  |  |
| **Total Hours** |  | **13** |  | **Total Hours** |  **15** |  |
| **Notes: Recommended UD Electives:**  |
| **Updated:****02/26/2020** | **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.** |
| Recommended Electives for students planning to apply to Graduate programs: CHEM1430/1431 Principles of Chemistry I w/lab, PHYS1410 Elements of Physics, PHYS1420 Elements of Physics II, PHED3410 Theory of Coaching, PHED3420 Practicum of Coaching, PSYC1300 Introductory Psychology, PSYC2250 Developmental Psychology, PSYC3310 Social Psychology, PSYC3380 Abnormal Psychology. |

