|  |  |
| --- | --- |
| **2021-2022** | **Bachelor of Science (B.S.) Degree - Allied Health Major: Human and Sport Performance Concentration  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 | LO 2 | 3 |       | **PHED2120 Motor Learning**  |  | **3** |  |
| ENGL1100 Discourse I ORHONR1010 Honors 101 | LO 1 (a) | 3 |       | BIOL1520 Fundamentals of Organismal Biology/Lab |  | 4 |  |
| MATH1280 College Algebra | LO 6 (b) | 3 |       | Ethical Thinking and Action | LO 3 | 3 |  |
| PSYC1300 Introductory Psychology | LO 5 (c) | 3 |       | MATH1380 Introduction to Statistics | LO 6 (b) | 3 |       |
| **PHED1240 Intro to Movement Science** |  | **3** |       | **PHED1260 Movement Science II** |  | 3 |       |
| **Total Hours** |  | **15** |  | **Total Hours** |  | **16** |  |
|  |
| **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** |  |
| Elective |  | **3** |       | ENGL2100 Discourse II ORHONR2010 Honors 201 | LO 1 (b) | 3 |  |
| CHEM1410 General Chemistry I Workshop / Lab |  | 4 |       | BIOL2100 Fundamentals of Cell Biology & Genetics/Lab |  | 4 |  |
| Global Learning | LO 4 | 3 |       | **ATHT3100 Care & Prevention** |  | **3** |  |
| Chem1450 Intro to Organic and Biochemistry |  | 1 |       | Science | LO 6 (a) | 3 |  |
| ATHT2500 Medical terminology |  | 2 |  |  |  |  |  |
| **Total Hours** |  | **17** |  | **Total Hours** |  | **17** |  |
|  |
| **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 | LO 5 (d) | 3 |       |
| **PHYS1410 Elements of Physics I** |  | 3 |       | ENGL3100 Discourse III | LO 1 (c) | 3 |  |
| Arts | LO 5 (a) | 3 |       | **PHED4360 Physiology of Exercise** |  | **3** |       |
| Humanities | LO 5 (b) | 3 |       | Elective |  | 3 |       |
| **PHED2260 Intro. to Performance**  |  | **3** |       | **PHED3120 Speed, Agility, and Endurance**  |  | **3** |       |
| **Total Hours** |  | **15** |  | **Total Hours** |  | **15** |  |
| **Notes: \*PHED3410 and PHED3420 Recommended during this year****PHED4800 Fitness and Wellness Internship (Summer)** |
| **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**  | MWF:9-950 | **3** |       | **HLTH3560 Sports Nutrition** |  | **3** |       |
| **HMSC4930 Evidence Based Practice** | MWF:12-1250 | **3** |       | **PHED4730 Advanced Topics in Strength and Conditioning** | MWF: 11-1150 | **3** |       |
| **HLTH2560 Nutrition** |  | 3 |       | **PHED3130 Sports Psychology**  | TR:8-915 | **3** |       |
| UD Elective |  | 3 |       | **PHED4726 Practicum of Human Performance**  |  | **3** |       |
| UD Elective |  | 3 |  | **HLTH1100 CPR/First Aid** | **MW:12-1250** | **1** |  |
|  |  |  |  | UD Elective |  | 3 |       |
| **Total Hours** |  | **15** |  | **Total Hours** |  **16** |  |
|  |
| **Updated:****6/11/21** | **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. |

