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| **2021-2022** | **Bachelor of Science (B.S.) Degree - Allied Health Major: Applied Health Science Concentration Palmer 3+3 (West) 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**

EE= Essential Education |
| **First Year Fall** | **EE Learning Outcome** | **Sem Hours** | **Date Met** | **First Year Spring** | **EE Learning Outcome** | **Sem Hours** | **Date Met** |
| INTD1100 Critical Thinking in Arts & Science | LO 2 | 3 |       | **PHED2200 Motor Learning** |  | **3** |  |
| ENGL1100 Discourse I ORHONR1010 Honors 101 | LO1 (a) | 3 |       | Global Learning | LO 4 | 3 |  |
| MATH1280 College Algebra | LO 6 (b) | 3 |       | **PHED1260 Movement Science II** |  | **3** |  |
| **PHED1240 Intro to Movement Science I** |  | **3** |       | Histories | LO 5 (d) | **3** |       |
| PSYC1300 Introductory Psychology | LO 5 (b) | **3** |       | MATH1380 Introduction to Statistics | LO 6 (b) | 3 |  |
| **Total Hours** |  | **15** |  | **Total Hours** |  | **1** |  |
| **Notes:**  |
| **Second Year Fall** | **EE Learning Outcome** | **Sem****Hours** | **Date Met** | **Second Year Spring** | **EE Learning Outcome** | **Sem Hours** | **Date Met** |
| **BIOL3420 Human Anatomy**  |  | **4** |       | **HLTH2560 Nutrition** |   | **3** |  |
| **CHEM1430/1431 Prin of Chem I/Lab** |  | **4** |       | ENGL2100 Discourse II ORHONR2010 Honors 201 | LO 1 (b) | 3 |  |
| Ethical Thinking and Action | LO 3 | **3** |       | Arts | LO 5 (a) | 3 |  |
| **PHED2260 Intro. to Performance**  |  | 3 |       | **BIOL3440 Human Physiology**  |  | **4** |  |
| **HLTH 1100 CPR/ First Aid** |  | 1 |       | **CHEM1440/1441 Prin of Chem II/Lab** |  | 4 |       |
| **Total Hours** |  | **15** |  | **Total Hours** |  | **17** |  |
| **Notes: \* PHED4800 Fitness and Wellness Internship (Summer)** |
| **Third Year Fall*(check your degree audit!)*** | **EE Learning Outcome** | **Sem Hours** | **Date Met** | **Third Year Spring** | **EE Learning Outcome** | **Sem Hours** | **Date Met** |
| **PHED3340 Biomechanics** |  | **3** |       | Humanities | LO 5 (c) | 3 |       |
| **Elective** |  | 3 |       | ENGL3100 Discourse III | LO 1 (c) | 3 |       |
| **PHED4500 Perform Enhancement Programming** |  | **3** |       | **PHED4360 Physiology of Exercise**   |  | **3** |       |
| **HMSC4930 Evidence Based Practice** |  | **3** |       | **PHED472 Practicum of Clinical Assessment** |  | 3 |       |
| **PHYS1410 Elements of Physics I** |  | **4** |       | Science | LO 6 (a) |  |       |
|  |  |  |       | HLTH3560 Sport Nutrition |  | **3** |       |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **18** |  |
| **Notes:**  |
| **Fourth Year Completed at Palmer University*****(apply for graduation!)*** | **EE Learning Outcome** | **Sem****Hours** | **Date Met** | **Fourth Year at Palmer University** | **EE Learning Outcome** | **Sem Hours** | **Date Met** |
| ANAT51116 Gross Anatomy I |  | 7 |       | ANAT52125 Gross Anatomy II |  | 5 |       |
| ANAT51119 Histology and Cellular Physiology |  | 3 |       | MIPA53138 Microbiology  |  | 3 |       |
|  |  |  |       | PHYS51112 Fundamentals of Physiology |  | 3 |       |
| PHYS61214 Endocrine and Reproductive Physiology |  | 3 |       | PHYS61213 Cardiac and Pulmonary Physiology |  | 4 |       |
| PHYS53132 Gastrointestinal & Renal Physiology |  | 3 |  | ANAT51117 Human Embryology |  | **1** |  |
| ANAT52128 Neuroanatomy I |  | **3** |  | MIPA General Pathology |  | **3** |  |
| CHPR53132 Emergency Procedures |  | **2** |  | CHPH52122 Biochemistry  |  | 5 |  |
| **Total Hours** |  | **21** |  | **Total Hours** |  **24** |  |
| **Notes: Recommended UD Electives:**  |
| **Updated:****6/10/2021** | **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.** |