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| **2024-2025** | **Bachelor of Science (B.S.) Degree – Allied Health Major: Health and Wellness Track**  **Name:** **ID:** | | | | | | | |
| Courses are listed in suggested order and can be subject to availability.  Courses in **BOLD** are required by this major  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 requirements  **KEY:**  **GE#X**=General Education  **LL**=Life & Leadership  **SS**=Strategic Skills  Updated 4/23/24pm |
| **First Year Fall 1** | **Learning Outcome** | **Sem Hours** | **Date Met** | **First Year Spring 2** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **ATHT2500 Medical Terminology** | **ONLINE** | **2** |  | **HMSC3200 Foundations of Evidence Based Practice** |  | **3** |  |
| **PHED1500 Intro to Kinesiology** |  | **3** |  | **PHED1600 Corrective Exercise** |  | **3** |  |
| **PSYC1300 Intro to Psych** | GE3E | 3 |  | **PHED2120 Motor Learning** |  | **3** |  |
| ENGL1100 Composition I **or**  HONR1010 Honors 101 | GE1A | 3 |  | COMM1100 Found of Pub. Speaking or HONR2010 Honors 201 | GE1B | 3 |  |
| UNIV1200 Health & Wholeness | SS | 3 |  | UNIV1100 Digital Fluency & Citizenship | SS | 3 |  |
| LEAD1100 Self leadership I | LL | 2 |  | LEAD1200 Self Leadership II | LL | 2 |  |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **17** |  |
| **Notes:** Join clubs and organizations on campus (Science club, etc.). Find winter break or summer job shadowing and volunteer opportunities.  \*If you have transferred in a composition course, please take a liberal learning course in its place. | | | | | | | |
| **Second Year Fall 3** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Second Year Spring 4** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **PHED0490 Relaxation & Stress Management** |  | **1** |  | **HLTH1220 Mental Health First Aid** |  | **1** |  |
| **PHED2260 Intro to Performance** |  | **3** |  | **HLTH2560 Nutrition** |  | **3** |  |
| ENGL2110 Composition II | GE1B | **3** |  | Arts § | GE3A | 3 |  |
| History § | GE3B | 3 |  | Elective |  | 3 |  |
| Elective |  | 3 |  | UNIV2100 Social Responsibility | SS | 3 |  |
| LEAD2100 Group Leadership I | LL | 2 |  | LEAD2200 Group Leadership II | LL | 2 |  |
| **Total Hours** |  | **15** |  | **Total Hours** |  | **15** |  |
| **Notes:** Find student leadership positions or join a club or organization on campus (Science club, etc.).  Check in with faculty regarding any standardized tests/requirements for grad school.  Find winter break or summer job shadowing and volunteer opportunities.  \*If you have transferred in a composition course, please take a liberal learning course in its place. | | | | | | | |
| **Third Year Fall 5**  ***(check your degree audit!)*** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Third Year Spring 6** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **BIOL2300 A&P with Lab** | **GE3D** | **4** |  | MATH1280 College Algebra | GE2B | 3 |  |
| **MATH1370 Statistics for Science** | **GE2A** | **3** |  | **PHED3130 Sport Psychology** |  | **3** |  |
| **HLTH1100 CPR and First Aid** |  | 1 |  | **HMSC4320 Org Admin-Policy Analysis** |  | 3 |  |
| **HLTH3200 Pers & Comm Health** |  | 3 |  | **PHED4360 Physiology of Exercise** | GE3A | 3 |  |
| **HLTH3120 Human Sexuality** |  | 3 |  | LEAD3200 Org. Leadership II | LL | 2 |  |
| LEAD3100 Org. Leadership I | LL | 2 |  |  |  |  |  |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **14** |  |
| **Notes:** Research and apply for an internship fall of the junior year to be completed summer after junior year.  Connect with your faculty advisor for assistance with navigating this process.  If you want to attend graduate school right after senior year, many applications open during the summer. | | | | | | | |
| **Fourth Year Fall 7**  ***(~Apply for graduation!~)*** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Fourth Year Spring 8** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **ATHT3100 Prevention and Care** |  | **3** |  | **HLTH3100 Drugs Ed & Behavior** |  | **3** |  |
| **PHED3340 Biomechanics** |  | 3 |  | **HLTH3560 Sports Nutrition** |  | **3** |  |
| **PHED4726 Practicum Hum Perf** |  | 3 |  | **PHED4750 Allied Health Capstone** |  | **3** |  |
| Humanities § | GE3C | 3 |  | UD Elective (Adv Topics S&C) |  | 3 |  |
| LEAD4100 Life and Leadership  Practicum I | LL | 2 |  | LEAD4200 Life and Leadership Practicum II | LL | 2 |  |
| **Total Hours** |  | **14** |  | **Total Hours** |  | **14** |  |
| **Notes:** Check in with your advisor during your senior year about career opportunities outside graduate programs, including opportunities for a gap year that help make you a more competitive graduate school applicant.  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.** | | | | | | | |