



BACHELOR OF SCIENCE IN HEALTH SCIENCE
(Fitness / Wellness Emphasis)
 (130 credit hours required)

NAME _____

DATE ____/____/____

RELIGION CORE

DEVELOPING BIBLICAL FAITH/LIFESTYLE

- BIBL-110 Message of the New Testament (3) ()
- BIBL-111 Message of the Old Testament (3)..... ()
- THEO-230 Intro. to Theology (3)..... ()
- THEO-231 Intro. to Christian Ethics (3)..... ()
- RELG-200 Bib/Theo Foundations for Benevolence (1). ()
- Christian Service (2)* ()

SUBTOTAL (15 hours) _____

*Christian Service is not a course; the credit hours are earned by a combination of class, group, and individual service learning experiences.

GENERAL EDUCATION CORE

ACQUIRING FUNDAMENTAL ACADEMIC SKILLS

- ENGL-105 (4) and ENGL-110 (3)..... () ()
- OR ENGL-106 (3) and ENGL-110 (3)
- OR ENGL-110 (3) [Depends on placement]
- CISS-100 Computer Literacy (2)..... ()
- GNST-101 Freshman Seminar: Gateway (2) ()

EXPLORING THE HUMANITIES

- HUMN-201 Foundations of Western Culture (3) ()
- Two of the following (6)**
- HUMN-202 Rise of Europe (3) () ()
- HUMN-301 Foundations of Modern World (3)
- HUMN-302 Modern Western Culture (3)
- HIST-221 / 222 Western Civilization I, II (3) (3)
- ENGL-221 Western Lit: Ancient to Renaissance (3)
- ENGL-222 Western Lit: Enlightenment to Postmodern (3)
- One of the following (3)**
- ARTS-244 / 245 Art History I, II (3) (3) ()
- THEA-331 / 332 Survey of Drama Literature I, II (3) (3)
- MUHL-211 Music in Culture (3)
- PHIL-241 Introduction to Philosophy (3) (recommended)

UNDERSTANDING CONTEMPORARY SOCIETY

- HIST-212 Recent American History & Government (3)
- OR**
- POLS-200 Understanding Contemporary Politics (3)... ()
- Two of the following (6)**
- PSYC-200 Understanding Human Behavior (3)..... () ()
- SOCI-200 Understanding Contemp. Society (3)
- ECON-200 Understanding Economic Issues (3)

SEEKING A GLOBAL PERSPECTIVE

- ANTH-200 Global Perspectives Seminar (1)..... ()
- GNST-250-253 Cross Cultural Experience (1-3)..... ()
- LING-201 Intro Language and Culture (3)..... ()

SUBTOTAL (33/39 hours) _____

SPECIALTY AREA

- HSCI-199 Intro to the Health Professions (1) ()
- HSCI-241 Statistics for Health Sciences (3) ()
- HSCI-250 Microbiology for Health Sciences (4)..... ()
- HSCI-291 Principles of Nutrition (3)..... ()
- HSCI-292 Human Anatomy & Physiology I (4) ()
- HSCI-293 Human Anatomy & Physiology II (4) ()
- HSCI-398 Medical Terminology (3)..... ()
- PHED-495

OR

- HSCI-495 Faith and Practice (3)..... ()
- CHEM-110, CHEM-113 and CHEM-119 Chemistry (8)

OR

- CHEM-111 and CHEM-112 Chemistry (8) () ()

SUBTOTAL (33 hours) _____

COLLATERAL REQUIREMENTS

- HSCI-330 Fitness, Wellness & Lifestyle Mgmt (3)..... ()
- HSCI-331 Cardiovascular Health (3)..... ()
- HSCI-353 Safety and First Aid (CPR cert.req.) (2) ()
- HSCI-450 Exercise Testing & Prescription (3)..... ()
- RECR-301 Rec Programming and Development (3) ... ()
- HSCI-470 Fitness/Wellness Internship (5)..... ()
- PHED-115 Basic Concepts of Fitness (1) ()
- PHED-1xx Physical Education Activities (2) () ()
- PHED-201 Foundations of Health & P.E. (3) ()
- HSCI-361 Kinesiology (3) ()
- HSCI-444 Physiology of Exercise (3)..... ()
- PHED-445 Seminar In PE Research (1)..... ()
- MATH-111 College Algebra (3)..... ()

SUBTOTAL (35 hours) _____

GENERAL ELECTIVES

- _____ ()
- _____ ()
- _____ ()

SUBTOTAL (8/9 hours) _____

ACADEMIC ASSESSMENT

- GNST-400 Academic Assessment (0) ()

**SUGGESTED FOUR YEAR SEQUENCE OF STUDY FOR
BACHELOR OF SCIENCE IN HEALTH SCIENCE
(Fitness / Wellness Emphasis)**

(The two-hour Christian Service requirement is not listed, but is spread throughout the four years.)

FRESHMAN YEAR

<u>Course</u>	<u>Hours</u>
College Writing/Workshop	3/4
Rhetoric and Research	3
*General Chemistry	8
Message of New and Old Testament	6
Freshman Seminar: Gateway.....	2
College Algebra.....	3
U S History/Politics Option	3
Physical Education Elective	1
Computer Literacy	2
Basic Concepts of Fitness.....	2
Total	33/34

JUNIOR YEAR

<u>Course</u>	<u>Hours</u>
Fitness, Wellness & Lifestyle Mgmt	3
Cardiovascular Health.....	3
Medical Terminology.....	3
Kinesiology.....	3
Safety and First Aid.....	2
Humanities Options.....	6
Global Perspectives Seminar.....	1
Contemporary Society Options	6
Language and Culture	3
Physical Education Elective	1
Total	31

SOPHOMORE YEAR

<u>Course</u>	<u>Hours</u>
Bib/Theo Foundations of Benevolence	1
Intro. to Theology	3
Intro. to Christian Ethics	3
Intro to the Health Professions.....	1
Microbiology for Health Sciences	4
Foundations of Western Culture	3
Humanities Option (PHI 241 recommended).....	3
Found. Of Health & P.E.....	3
Nutrition.....	3
Human Anatomy & Physiology.....	8
Electives.....	1
Total	33

SENIOR YEAR

<u>Course</u>	<u>Hours</u>
Cross-Cultural Experience	1/3
Statistics.....	3
Physiology of Exercise	3
Seminar in Research	1
Exercise Testing & Prescription	3
Recreation Programming & Development	3
Fitness/Wellness Internship.....	5
Faith and Practice	3
Electives.....	9
Total	31/33

* or CHEM-110/CHEM-113 option, which will alter sequence.