

**FALL 2025**

Course	Cr	Title	✓
HLT 202	3	Health Professions Seminar	
PSY 100	3	Introduction to Psychology	
_____	3	Art LAC course	
_____	3	Mathematics and Logic LAC course	
FYS _____	3	First Year Seminar	
CCC 101	0.5	College Life	

**FALL 2026**

Course	Cr	Title	✓
BIO 117	4	Human Anatomy and Physiology I	
NTR 210	3	Principles of Human Nutrition	
HLT 207	3	Health Equity	
_____	3	elective*	
_____	3	elective*	

**FALL 2027**

Course	Cr	Title	✓
EXS 200	4	Exercise Physiology I	
EXS 201	3	Research Methods in Exercise Science	
_____	3	Writing II LAC course	
_____	3	elective*	
_____	3	elective*	

**FALL 2028**

Course	Cr	Title	✓
_____	3	Art LAC course	
_____	3	Humanities LAC course	
_____	3	elective*	
_____	3	elective*	
_____	3	elective*	

**SPRING 2026**

Course	Cr	Title	✓
PSY 210	3	Lifespan Development	
_____	3	Humanities LAC course	
WRI 100	3	College Writing	
CCC 102	0.5	Exploring Your Future	
EXS 202	3	Kinesiology	
_____	3	elective*	

**SPRING 2027**

Course	Cr	Title	✓
BIO 118	4	Human Anatomy and Physiology II	
MAT 110	3	Probability and Statistics	
CCC 201	3	Sophomore Expedition	
NTR 113	1	Nutrition & Fitness	
_____	3	elective*	

**SPRING 2028**

Course	Cr	Title	✓
EXS 302	4	Exercise Testing and Prescription	
EXS 203	3	Prevention & Care of Injury	
_____	3	elective*	
_____	3	elective*	
_____	3	elective*	

**SPRING 2029**

Course	Cr	Title	✓
EXS 300	4	Exercise Physiology II	
HLT 302	3	Health Sciences Capstone	
EXS 301	3	Seminar in Exercise Science	
_____	3	elective*	

\*Electives must be included to ensure that the overall total number of credits reaches the 120 credits needed to complete a degree.

## Liberal Arts Curriculum (LAC) and College-Wide Requirements

<b>Natural Science (SCI):</b> 7 cr. total, one must be a lab-based course
1. BIO 117
2. BIO 118
<b>Arts (ART):</b> 6 cr. total, one must be a 3 cr. course
1. _____
2. _____
<b>Mathematics &amp; Logic (ML):</b> 6 cr. total, one must be a MAT course
1. MAT 110
2. _____
<b>Ethics (ETH):</b> 1 course, 3 cr.
1. _____
<b>Technology:</b>
1. HLT 202 and 302
<b>Oral Presentation:</b>
1. HLT 202 and 302

<b>Writing (WRI1, WRI2):</b> 2 courses, 6 cr. total
1. WRI 100
2. _____
<b>Humanities (HUM):</b> 2 courses, 6 cr. total
1. _____
2. _____
<b>Social Science (SS):</b> 2 courses, 6 cr. total
1. PSY 100
2. PSY 210
<b>Global Studies (GS):</b> 1 course, 3 cr.
1. CCC 201
<b>Information Literacy:</b>
1. HLT 202 and 302