

First Year	FALL			SPRING		
	COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
	WVS 101	World View Seminar I	3	WVS 201	World View Seminar II	3
HWS 100	Intro. to Health, Wellness, & Sport	2	BIO 146	Intro. to Human Anatomy & Physiology II	4	
BIO 145	Intro. to Human Anatomy & Physiology I	4	HWS 221/ HWS 244	Fam. Com. Health/ Well. Life.	3	
	Gen. Ed.	3	HWS 110	Activity Class	1	
	Gen. Ed.	3		Gen. Ed.	3	
	<b>FALL TOTAL</b>	<b>15</b>		<b>SPRING TOTAL</b>	<b>14</b>	
	<b>CUMULATIVE TOTAL</b>	<b>15</b>		<b>CUMULATIVE TOTAL</b>	<b>29</b>	

Second Year	FALL			SPRING		
	COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
	HWS 220	Sports Psychology	3	HWS 246	Human Nutrition	3
HWS 241	Human Anatomy & Kinesiology	3	PED 231	Fundamentals of Motor Performance	3	
HWS 110	Activity Class	1	HWS 110	Activity Class	1	
PRF 201	Career Development Strategies	1	CIS 162	Fundamentals of Excel	1	
CIS 152	Digital Document Development	1		Gen. Ed.	3	
	Gen. Ed.	3		Gen. Ed.	3	
	Gen. Ed.	3		Gen. Ed.	3	
	<b>FALL TOTAL</b>	<b>15</b>		<b>SPRING TOTAL</b>	<b>17</b>	
	<b>CUMULATIVE TOTAL</b>	<b>44</b>		<b>CUMULATIVE TOTAL</b>	<b>61</b>	

Third Year	FALL			SPRING		
	COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
	HWS 311	Geriatrics	3	HWS 301	Biomechanics	3
HWS 333	Fitness Assessment	3	HWS 341	Prevention & Care of Athletic Injuries	3	
HWS 110	Activity Class	1	HWS 110	Activity Class	1	
CIS 142	Tech Tools for Presentations	1		Gen. Ed.	3	
	Gen. Ed.	3		Gen. Ed.	3	
	Gen. Ed.	3		Elective	3	
	<b>FALL TOTAL</b>	<b>14</b>		<b>SPRING TOTAL</b>	<b>16</b>	
	<b>CUMULATIVE TOTAL</b>	<b>75</b>		<b>CUMULATIVE TOTAL</b>	<b>91</b>	

Fourth Year	FALL			SPRING		
	COURSE #	COURSE TITLE	HRS	COURSE #	COURSE TITLE	HRS
	HWS 401	Exercise Physiology	3	HWS 495	Senior Seminar	2
HWS 485	HWS Internship	3		Electives	11	
HWS 110	Activity Class	1				
HWS 370/ 470	Theory/Prin. of Per. Trng./ Strength & Cond.	3				
	Gen Ed.	3				
	Electives	3				
	<b>FALL TOTAL</b>	<b>16</b>		<b>SPRING TOTAL</b>	<b>13</b>	
	<b>CUMULATIVE TOTAL</b>	<b>107</b>		<b>CUMULATIVE TOTAL</b>	<b>120</b>	

**General Education Requirements to be taken when "Gen. Ed." is listed (13 courses):** ENG 101, COM 101, ENG 104, Math, Env. Stewardship, Social Development, Intercultural Engagement, Literature, Fine & Performing Arts, Judeo Christian Traditions, Hist./Phil./Politics, Physical Wellness (2 cr. + 1 cr.), Personal/Fin. Stewardship

**Suggestions:**

\*Must earn a "C" or better in BIO 145, HWS 241

\*It is recommended that you take ENG 101, COM 101, ENG 104, & MATH within your first 4 semesters

\*Choose either HWS 370 or HWS 470 (HWS 370 is offered fall only & HWS 470 is offered spring only)