

FINISH IN FOUR DEGREE PLAN, B.S.HEALTH SCIENCES

HEALTH & EXERCISE SCIENCE (Starting in Even Fall) [PLE 3]

Note: This plan represents one path to completion of this degree in four years. For specific course offerings for each semester, view "Search for Sections" online in Web Services on the JSC Portal. Also, be sure to consult regularly over time with your advisor to explore your best options and opportunities.

FRESHMAN YEAR

FALL 2016		CREDITS	SPRING 2017		CREDITS
GEC	Social & Historical Perspective	3	BIO 1210	Introduction to Biology	4
ENG 1071	College Writing	3	ENG 1072	Exposition & Analysis	3
GEC	Global Perspective	3	PSY 1010	Intro to Psychology (GEC - Social & Hist)	3
GEC	First Year Seminar	3	MAT 1080	Quantitative Reasoning (GEC)	3
AHS 1010	Contemporary Health Issues	3	INT 1001	Creative Audience	.5
INT 1001	Creative Audience	.5	ENG 3999	Writing Proficiency Exam	0
GRS 3000	TILT	0			
Total Credits		15.5	Total Credits		13.5

SOPHOMORE YEAR

FALL 2017		CREDITS	SPRING 2018		CREDITS
CHE 1031	Gen Chemistry I	4	Any Level	Elective	3
GEC	Mathematics*	3	AHS 2710	Health Sciences Seminar	1
GEC	Aesthetic Perspective	3	GEC	Global Perspective	3
ENV 2210	Current Topics in Science	1	GEC	Aesthetic Perspective	3
BIO 2011	Human Anatomy & Physiology I	4	BIO 2012	Human Anatomy & Physiology II	4
GRS	<i>Complete Oral Communication Standard</i> ★	0	GRS	<i>Complete Oral Communication Standard</i> ★	0
Total Credits		15	Total Credits		14

JUNIOR YEAR

FALL 2018		CREDITS	SPRING 2019		CREDITS
AHS 2130	Strength & Conditioning	3	3000/4000	Upper-level Elective	3
GEC	Civic Perspective	3	AHS 4060	Cardiopulmonary Assessment	4
AHS 3230	Physiology of Exercise (QE)	4	Any Level	Elective	3
Any Level	Elective	3	Any Level	Elective	3
AHS 1340	First Aid/CPR/AED	1	AHS 4030	Psychology of Sports & Exercise	3
ENV 2210	Current Topics in Science	1			
Total Credits		15	Total Credits		16

SENIOR YEAR

FALL 2019		CREDITS	SPRING 2020		CREDITS
AHS 4810 or AHS 4911	Internship in Allied Health Science or Senior Research	3	AHS 4110	Psychophysiology of Stress	3
3000/4000	Health & Exercise Science Elective	4	Any Level	Health & Exercise Science Elective	4
AHS 3120	Kinesiology	3	3000/4000	Upper-level Elective	3
BIO 3180	Nutrition (QE)	3	3000/4000	Upper-level Elective	3
3000/4000	Upper-level Elective	3	Any Level	Elective	2
Total Credits		16	Total Credits		15

Note: If you're considering medical school, be sure to review the recommended additional courses and to consult with your advisor.

* Probability and Statistics is strongly suggested.

★ These can be completed in any semester. Be sure to complete two before graduating.

For a complete list of all requirements for this major, visit JSC's online catalog at <http://catalog.jsc.edu>. Then select ACADEMIC PROGRAMS in the left sidebar and choose this major from the list given.

CREDIT TOTAL 120

GRS = Graduation Standard
GEC = General Education Class
QE = Quantitatively Enriched