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| **Department of Kinesiology and Applied Physiology** |  |
| **Sports Health BS Four-Year Plan** |  |
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| **First Year** |  |
| **FALL** | **SPRING** |  |
| KAAP 106 - Seminar for Pre-Athletic Training I (1) | KAAP 107 - Seminar for Pre-Athletic Training II (1) |  |
| KAAP 155 - Lifestyle Awareness - Athletic Trainers (3) | ENGL 110 - Seminar in Composition (3) |  |
| BISC 207 - Introductory Biology I (4) | CHEM 103/133 - General Chemistry and General Chemistry Laboratory (3/1) |  |
| MATH 115 - Pre-Calculus or MATH 221 - Calculus I (3) | PSYC 100 - General Psychology (fulfills Social Behavioral Sciences Breadth Requirement) (3) |  |
| MMSC 200 - The Language of Medicine (3) | History and Cultural Change Breadth Requirement (3) |  |
|  | NTDT 200 - Nutrition Concepts (3) |  |
| Credits: 14 | Credits: 17 |  |
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| **Second Year** |  |
| **FALL** | **SPRING** |  |
| KAAP 206 - Seminar for Pre-Athletic Training III (1)  | KAAP 207 - Seminar for Pre-Athletic Training IV (1) |  |
| KAAP 210 - Emergency Management (3)  | KAAP 305 - Fundamentals of Sports Health Care (3) |  |
| KAAP 309 - Human Anatomy and Physiology I (4)  | KAAP 310 - Human Anatomy & Physiology II (4) |  |
| HDFS201 - Life Span Development (3) | KAAP 320 - Principles of Strength/Conditioning (3) |  |
| Multicultural Breadth Requirement (3) | NTDT 310 - Nutrition and Activity (3) |  |
|  | STAT 200 - Basic Statistical Practice (3) |  |
| Credits: 14 | Credits: 17 |  |
|  |  |  |
| **Third Year** |  |
| **FALL** | **SPRING** |  |
| KAAP 306 - Seminar for Pre-Athletic Training V (1) | KAAP 307 - Seminar for Pre-Athletic Training VI (1) |  |
| PHYS 201/221 - Introductory Physics I and Introductory Laboratory I (3/1) | KAAP 426 - Biomechanics I (4) |  |
| KAAP 430 - Exercise Physiology (4) | KAAP 400 - Research Methods (3)  |  |
| BHAN 311 - Issues in Health Behavior Science (3) | HLTH 241 - Ethical Aspects of Healthcare (fulfills Creative Arts and Humanities Breadth Requirement) (3) |  |
| Free Elective (3) | Free Elective (3) |  |
| Credits: 15 | Credits: 15 |  |
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| A total of **at least 92 credits** is required to move on to the Master’s portion of the 3+2 program | **Total – 92 Credits** |  |