

Name _____
Student ID _____
Date _____

**2018-19 Nutrition, Fitness, and Wellness
Sample Four Year Plan**

Freshman Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
General Education	FYS110	3	General Education	ENG112	3
General Education	COM 101	3	General Education	GST/PSY/SOC	3
General Education	PHL130	3	General Education	ECN/HIS/POL	3
General Education	Mathematics	3	Major	ESS236	3
Major	ESS120	3	Major	CHE100	4
Semester Hours 15			Semester Hours 16		
Cumulative Hours 15			Cumulative Hours 31		
Sophomore Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major/General Ed.	BIO226	5	General Education	HUM210	3
Major	Major Elective	3	General Education	THL105	3
General Education	Foreign Language	4	Major	ESS270	3
Minor/Elective/GDC		3	Major	ESS352	3
			Major	Major Elective	3
Semester Hours 15			Semester Hours 15		
Cumulative Hours 46			Cumulative Hours 61		
Junior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	ESS336	3	Major	ESS350	3
Major	ESS445	3	Major	PBH201	3
Major	Major Elective	3	Major	Major Elective	3
General Education	Second THL	3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
			Minor/Elective/GDC		3
Semester Hours 15			Semester Hours 18		
Cumulative Hours 76			Cumulative Hours 94		
Senior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	ESS490	3	Major	PSY315	3
Major	ESS390	2	Major	Major Elective	3
Major	Major Elective	3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		2
Semester Hours 17			Semester Hours 17		
Cumulative Hours 111			Cumulative Hours 128		

A minimum 2.0 cumulative GPA and a minimum 2.0 major GPA are required for graduation, so monitor your GPA closely. This four-year plan is only a sample and will vary by student and course availability.

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GENERAL EDUCATION

I. Foundational Intellectual Skills (12-13 hours)

- ___ FYS110 First Year Seminar
- ___ ENG112 Writing, Research, Genre & Context
- ___ COM101 Public Speaking
- ___ Mathematics

II. Knowledge Acquisition (19-20 hours)

- ___ Science 1XX with lab
- ___ HUM210 Humanities Survey Course
- ___ PHL130 Human Nature & Person
- ___ Foreign Language

One course from each group A and B:

Group A

- ___ ECN200 Introductory Economics
- ___ HIS102 History of the Modern World
- ___ POL102 Introduction to American Politics

Group B

- ___ PSY101 General Psychology
- ___ PSY220 Human Growth and Development
- ___ GST200 Introduction to Gender Studies
- ___ SOC101 Introduction to Sociology
- ___ SOC175 Introduction to Anthropology

III. Faith, Ethics, and Foundation (6 hours)

- ___ THL105 Introduction to Theology
- ___ Second Approved THL

IV. Greater Depth Cluster

- a. Completion of a minor or second major outside school (or department if College of Arts & Sciences)
- b. Completion of an interdisciplinary minor or concentration outside the first major. See catalog for approved programs.
- c. Focus on a specific theme (cluster) outside the major. See catalog for cluster course areas

Total Earned General Education Hours _____

NUTRITION, FITNESS, & WELLNESS MAJOR REQUIREMENTS (60 credits)

Core Courses (30 credits)

___ BIO 226 Human Physiology	5
___ ESS 120 Biophysical Values of Activity	3
___ ESS 236 Basic Human Nutrition	3
___ ESS 270 Sports Nutrition	3
___ ESS 336 Nutrition and Disease Prevention	3
___ ESS 350 Coaching and Personal Training	3
___ ESS 352 Physiology of Exercise	3
___ ESS 390 Certification Guided Review	3
___ ESS 445 Clinical Aspects Exercise Physiology	3
___ ESS 490 Senior Seminar	3
___ PBH 201 Public Health and Society	3
___ PSY 315 Psychology of Motivation	3

One of: (4 or 8 credit hours)

___ CHE 100 General, Organic, and Biochemistry 4

OR

___ CHE 151 General Chemistry I 4
___ CHE 152 General Chemistry II 4

Electives (15-19 to total of 60 credits) from:

___ BIO 204 Cell Physiology	4
___ BIO 216 Medical Terminology	3
___ BIO 225 Human Anatomy	5
___ BIO/CHE 310 Biochemistry	3
___ CHE 305 Organic Chemistry I	4
___ CHE 306 Organic Chemistry II	4
___ ESS 351 Kinesiology	3
___ ESS 360 Internship	3-12
___ ESS 375 Principles of Strength Conditioning	3
___ ESS 435 Fit Testing & Exercise Prescription	3
___ ESS 498 Research Project	3
___ ESS 499 Independent Study	1-4
___ PBH 301 Intro to Epidemiology	3
___ PSY 305 Learning and Behavior	3
___ PSY 330 Health Psychology	3
___ PSY 340 Sport Psychology	3
___ PSY 350 Behavioral Neuroscience	3

Total Earned Major Hours _____

TOTAL OVERALL EARNED HOURS _____