

- Minimum 30 of the last 60 credits earned at PennWest.
- Minimum of 30 major credits must be completed at PennWest or a State System (PASSHE) university.
- Minimum Total of 42 Credits in Advanced Coursework.

General Education

Foundations: (12 Credits)

Oral Communication (3 Credits)

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Quantitative Reasoning (3 Credits)

☐ MATH 1220 College Algebra

Technological Literacy (3 Credits)

☐ EXSC 1840 Tech Integ. for Health and Fitness

Written Communication (3 Credits)

☐ ENGL 1200 College Composition

Discoveries: (Credits 27)

At least two (2) disciplines must be represented within each of the three (3) categories.

Art/Humanities (9 Credits)

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Natural Sciences & Technology (9 Credits)

☐ BIOL 1101 Fundamentals of Biology

☐ PHYS 1500 General Physics I

☐ _____

Social Sciences (9 Credits)

☐ PSYC 1000 Introduction to Psychology

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Elective/Wellness & Personal Health: (3 Credits)

☐ HLSC 3150 First Aid & Personal Safety

Competencies:

Applied Methodologies

☐ HLSC 2750 Functional Kinesiology

Ethical Reasoning

☐ PHIL 3220 Biomedical Ethics

Information Literacy

☐ HLSC 4600 Sports Medicine and EBP Research

Intercultural Fluency

☐ HLSC 3200 Culturally Competent Community Health

Keystone Experience

☐ HLSC 4250 Health Science Capstone

Quantitative Applications

☐ PSYC 3000 Psychology Statistics

Writing Intensive - Two (2) courses are required

☐ HLSC 3100 Special Populations & Pathology of Disease

☐ Another Writing Intensive Course

Program Requirements

Required Major Courses: (60 Credits)

- ☐ CHEM 1050 Chemistry for Allied Health
- ☐ EXSC 1310 Appd Human Anat & Phys for Exer & Wellness I
- ☐ EXSC 1311 Appd Human Anat & Phys for Exer & Wellness I Lab
- ☐ EXSC 1315 Appd Human Anat & Phys for Exer & Wellness II
- ☐ EXSC 1317 Appd Human Anat & Phys for Exer & Wellness II Lab
- ☐ EXSC 3350 Exercise Physiology
- ☐ HLSC 1010 Foundations of Health Science
- ☐ HLSC 1150 Current Health Issues
- ☐ HLSC 1500 Introduction to Athletic Training
- ☐ HLSC 2250 Medical Terminology
- ☐ HLSC 2500 Nutrition for Health and Wellness
- ☐ HLSC 2750 Functional Kinesiology
- ☐ HLSC 3100 Special Populations and Pathology of Disease
- ☐ HLSC 3200 Culturally Competent Community Health
- ☐ HLSC 3600 Holistic Medicine and Healthcare
- ☐ HLSC 4250 Health Science Capstone
- ☐ HLSC 4600 Sports Medicine & EBP Research
- ☐ HLSC 4750 Cadaver Anatomy and Dissection
- ☐ PHIL 3220 Biomedical Ethics
- ☐ PSYC 3000 Psychological Statistics
- ☐ SPT 2050 Sport Ethics & Integrity

Free Electives: (18 Credits)

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Suggested Four Year Course Sequence

Year 1

Fall Semester

ENGL 1200 College Composition
EXSC 1310 App Anat. & Phys Ex. I
EXSC 1311 App Anat. & Phys Ex. I Lab
HLSC 1010 Foundations of Health Science
HLSC 1150 Current Health Issues
HLSC 2250 Medical Terminology

Spring Semester

EXSC 1315 App Anat & Phys Ex II
EXSC 1317 App Anat & Phys Ex II Lab
MATH 1220 College Algebra
PSYC 1000 General Psychology
Any Oral Communication
Gen. Ed. and, or Free Elective

Year 3

Fall Semester

BIOL 1101 Fundamentals of Biology
EXSC 1840 Tech Integration in HPE
HLSC 1500 Introduction to Athletic Training
HLSC 3600 Holistic Med. & Healthcare
PHYS 1500 General Physics

Spring Semester

HLSC 3150 First Aid & Personal Safety
HLSC 4250 Health Science Capstone
HLSC 4600 Sports Med & EB Research
HLSC 4750 Cadaver Anat. And Dissect
Gen. Ed. and, or Free Electives

Year 2

Fall Semester

CHEM 1050 Chemistry for Allied Health
HLSC 2500 Nutrition for Health and Wellness
HLSC 2750 Functional Kinesiology
HLSC 3200 Cultural Comp Comm Health
SPT 2050 Sport Ethics & Integrity
Gen. Ed. and, or Free Elective

Spring Semester

EXSC 3350 Exercise Physiology
HLSC 3100 Spec. Pops. & Path. of Dis.
PHIL 3220 Biomedical Ethics
PSYC 3000 Psychological Statistics
Humanities Gen. Ed. Electives
Gen. Ed. and, or Free Elective

Year 4

Fall Semester

Free Electives

Spring Semester

Free Electives

