

- Minimum 30 of the last 60 credits earned at PennWest.
- Minimum of 25 major credits must be completed at PennWest or a State System (PASSHE) university.
- Minimum Total of 42 Credits in Advanced Coursework.

General Education

Foundations: (15-18 Credits)

First Year Seminar (3 Credits)

- ☐ FYS 1000 Navigating the First Year at PennWest

Quantitative Reasoning (3 Credits)

- ☐ MATH 1220 College Algebra

Written Communication (3-6 Credits)

- ☐ ENGL 1100 Intro. to Comp. & ENGL 1200 College Comp.
☐ Or ENGL 1200 College Composition

Oral Communication (3 Credits)

- ☐ _____

Technological Literacy (3 Credits)

- ☐ EXSC 1840 Technology Integration in Health and Fitness

Discoveries: (25-28 Credits)

Arts and Humanities (6 Credits)

- ☐ _____
☐ _____

Social Sciences (6 Credits)

- ☐ PSYC 1000 Introduction to Psychology
☐ _____

Natural Sciences and Technology (7 Credits)

- ☐ CHEM 1108 General Chemistry I
☐ PHYS 1500 General Physics I Lecture

Flex Discoveries (If DSP into ENGL 1200) (9 Credits)

- ☐ HLSC 3150 First Aid and Personal Safety
☐ _____
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Essential Skills:

Intensive Writing

- ☐ HLSC 3100 Special Populations and Pathology of Disease

Capstone

- ☐ HLSC 4250 Health Science Capstone

General Education Notes:

If Directed Self-Placement (DSP) includes ENGL 1100, the student will complete 6 courses in Foundations and 8 courses in Discoveries. If DSP into ENGL 1200, the student will complete 5 courses in Foundations and 9 courses in Discoveries. DSP into ENGL 1100 reduces the number of Gen Ed Flex courses to 6 vs. 9.

Program Requirements

Required Major Courses: (51 Credits)

- ☐ HSLC 1010 Foundations of Health Science
☐ HSLC 1150 Current Health Issues
☐ HLSC 2250 Medical Terminology
☐ **Choose one of the following:**
☐ HLSC 2500 Nutrition for Health and Wellness
☐ HLSC 3400 Sports Nutrition
☐ 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 and Evidence Based Research
☐ HLSC 4750 Cadaver Anatomy and Dissection
☐ **Choose one of the following:**
☐ BIOL 1700 Introduction to Organismal Biology
☐ BIOL 1900 Introduction to Cellular and Molecular Biology
☐ EXSC 1310 Applied Human Anatomy & Physiology for Exercise & Wellness I
☐ EXSC 1311 Applied Human Anatomy & Physiology for Exercise & Wellness I
☐ EXSC 1315 Applied Human Anatomy & Physiology for Exercise & Wellness II
☐ EXSC 1317 Applied Human Anatomy & Physiology for Exercise & Wellness II
☐ EXSC 3350 Exercise Physiology
☐ SPT 3000 Peak Performance in Sport

Free Electives: (26 Credits)

- ☐ _____
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Suggested Four Year Course Sequence

Year 1

Fall Semester

FYS 1000 Navigating the First Year at PennWest
EXSC 1310 App Human Anatomy & Physiology Ex. I Lecture
EXSC 1311 App Human Anatomy & Physiology Ex. I Lab
HLSC 1010 Foundations of Health Science
HLSC 1150 Current Health Issues
HLSC 2250 Medical Terminology

Spring Semester

ENGL 1200 College Composition
EXSC 1315 App. Human Anatomy. & Physiology Ex. II Lecture
EXSC 1317 App. Human Anatomy. & Physiology Ex. II Lab
General Education
MATH 1220 College Algebra
PSYC 1000 Introduction to Psychology

Year 3

Fall Semester

CHEM 1108 General Chemistry I
Free Elective
Free Elective
HLSC 3200 Culturally Competent Community Health

Spring Semester

Free Elective
Free Elective
HLSC 3100 Special Populations and Pathology of Disease
HLSC 3150 First Aid and Personal Safety
HLSC 4600 Sports Medicine and Evidence Based Research

Year 2

Fall Semester

BIOL 1700 Introduction to Organismal Biology
Or BIOL 1900 Introduction to Cell Biology
General Education
General Education
General Education
HLSC 2750 Functional Kinesiology

Spring Semester

EXSC 1840 Technology Integration in Health and Fitness
EXSC 3350 Exercise Physiology
General Education
HLSC 2500 Nutrition for Health and Wellness
Or HLSC 3400 Sport Nutrition
SPT 3000 Peak Performance in Sport

Year 4

Fall Semester

Free Elective
Free Elective
Free Elective
HLSC 3600 Holistic Medicine and Healthcare
PHYS 1500 General Physics I Lecture

Spring Semester

Free Elective
Free Elective
HLSC 4250 Health Science Capstone
HLSC 4750 Cadaver Anatomy and Dissection