

Northwestern State University: Department of Health and Human Performance
Health and Exercise Science (377P) Pre-Physical Therapy Concentration – Fall 2024

Degree Program Name: Bachelor of Science (B.S.) in Health & Exercise Science Concentration: Pre-Physical Therapy (377P)

Degree Program Description: The mission of the BS in Health & Exercise Science program in the Gallaspy College of Education and Human Development is to prepare innovative, contemporary leaders prepared for a variety of career opportunities in kinesiology and the health sciences. For more information, please go to <https://hhp.nsula.edu/> or contact Dr. Tara Tietjen-Smith, Department Head, at tietjensmitht@nsula.edu

YEAR 1: 34 semester hours

Semester 1		
ENGL 1010: Composition and Rhetoric I	3	
MATH 1020: College Algebra	3	
Choose 1 History course from: HIST 1010, HIST 1020, HIST 2010, HIST 2020	3	
HP 2000: Introduction to Health & Human Perf	3	
BIO 1010: Biological Principles I / BIOL 1011: Lab	4	
UNIV 1000: The University Experience	1	
TOTAL	17	

Semester 2		
ENGL 1020: Composition and Rhetoric II	3	
MATH 1090: Trigonometry	3	
CHEM 1030: General Chemistry I / CHEM 1031: Lab	4	
BIO 1020: Biological Principles II / BIOL 1021: Lab	4	
HED 1090: Personal and Community Health	3	
TOTAL	17	

YEAR 2: 34 semester hours

Semester 3		
BIOL 3310: Human Anatomy & Physiology I or BIOL 2250: A&P I Nursing/Allied Health	3	
BIOL 3311: Human Anatomy & Physiology I Lab or BIOL 2251: A&P I Nursing/Allied Health Lab	1	
CHEM 1040: General Chemistry II/CHEM 1041: Lab	4	
ENGL 2110: Introduction to Literature	3	
Social Science (Refer to University core requirement)	3	
COMM 2500: Interpersonal Communication or COMM 1010: Oral Communication	3	
TOTAL	17	

Semester 4		
BIOL 3320: Human Anatomy & Physiology II or BIOL 2260: A&P II Nursing/Allied Health	3	
BIOL 3321: Human Anatomy & Physiology II Lab or BIOL 2261: A&P II Nursing/Allied Health Lab	1	
PHYS 2030: General Physics I / PHYS 2031: Lab	4	
FA 1040: Exploring the Arts	3	
HP 2630: Motor Learning	3	
HED 3100: Nutrition and Optimal Performance	3	
TOTAL	17	

YEAR 3: 31 semester hours

Semester 5		
HP 3550: Applied Kinesiology	3	
ENGL 3210 Advanced Composition ENGL 3230: Technical Writing	3	
PHYS 2040: General Physics II / PHYS 2041: Lab	4	
PSYC 2050: Developmental Psychology or PSYC 1010: General Psychology	3	
HED 1010: First Aid & CPR	3	
TOTAL	16	

Semester 6		
HP 3560: Exercise Physiology	3	
HED 2010: Prevention and Care of Athletic Injuries	3	
HED 3000: Community Health Promotion	3	
BIOL 2210: Microbiology or BIOL 3170: Histology or BIOL 3250: Cell Biology	3	
HP 4660: Scientific Principles of Coaching S & C	3	
TOTAL	15	

YEAR 4: 31 semester hours

Semester 7		
HP 4170: Exercise Testing & Prescription	3	
HP 4180: Pre-Internship Seminar	1	
HED 4000: Health & Exercise Psychology	3	
HP 4500: Foundations of Health & PE Coaching	3	
Statistics Course: PSYC 4400 (may be used as 2 nd psychology course) or MATH 2050	3	
HED 4600: Drug and Alcohol Education	3	
TOTAL	16	

Semester 8		
HP 4200: Internship in Health & Exercise Science	6	
HED 4500: Sexuality Education	3	
BIOL 1060: Medical Terminology	3	
PSYC 2450: Personal Adjustment and Dev or PSYC 4450: Abnormal Psychology	3	
TOTAL	15	

PROGRAM TOTAL: 130 semester hours