

Northwestern State University: Department of Health and Human Performance
Health and Exercise Science – Pre-Athletic Training (377B) – Fall 2024

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

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: 32 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 Performance	3	
PSYC 2050: Developmental Psychology or PSYC 1010: General Psychology	3	
UNIV 1000: The University Experience	1	
TOTAL	16	

Semester 2		
ENGL 1020: Composition and Rhetoric II	3	
MATH 1090: Trigonometry	3	
HED 1010: First Aid & CPR	3	
BIO 1010: Biological Principles I BIOL 1011: Biological Principles I lab	4	
Elective (BIO 1060: Medical Terminology; required by 377B Concentration)	3	
TOTAL	16	

YEAR 2: 33 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	
ENGL 2110: Introduction to Literature	3	
Social Science (Refer to University core requirement)	3	
COMM 1010: Oral Communication	3	
CHEM 1030: General Chemistry I CHEM 1031: General Chemistry 1 Lab	4	
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	
FA 1040: Exploring the Arts	3	
HP 2630: Motor Learning	3	
HED 1090: Personal and Community Health	3	
HED 3100: Nutrition and Optimal Performance	3	
TOTAL	16	

YEAR 3: 30 semester hours

Semester 5		
HP 3550: Applied Kinesiology	3	
ENGL 3210 Advanced Composition ENGL 3230: Technical Writing	3	
Elective: (PHYS 2030: General Physics I & PHYS 2031: General Physics I Lab required for concentration)	4	
PSYC 4450: Abnormal Psychology	3	
Human Performance Activity Course	2	
TOTAL	15	

Semester 6		
HP 3560: Exercise Physiology	3	
HED 2010: Prevention and Care of Athletic Injuries	3	
HED 4600: Drug and Alcohol Education	3	
HED 3000: Community Health Promotion	3	
HP 4660: Scientific Principles of Coaching S & C	3	
TOTAL	15	

YEAR 4: 27 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 or MATH 2050	3	
HP Activity Course	2	
TOTAL	15	

Semester 8		
HP 4200: Internship in Health & Exercise Science	6	
HED 4500: Sexuality Education	3	
Upper Division (3000, 4000-level) Elective	3	
TOTAL	12	

PROGRAM TOTAL: 122 semester hours

Revised 8/27/2024