



ACADEMIC MAP TO BACHELOR OF SCIENCE IN HEALTH AND EXERCISE SCIENCE CONCENTRATION: PRE-PHYSICAL THERAPY (377P)

2025-2026

START HERE



NORTHWESTERN STATE
UNIVERSITY OF LOUISIANA

www.nsula.edu

YEAR 1	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	ENGLISH 1010 – Composition and Rhetoric I			3	C
	MATH 1020 – College Algebra			3	C
	BIOL 1010 – Biological Principles I			3	C
	BIOL 1011 – Biological Principles I Lab			1	C
	Choose 1 – HIST 1010 (Early World Civilization) OR HIST 1020 (Modern World Civilization) OR HIST 2010 (United States History) OR HIST 2020 (United States History)			3	C
	HP 2000 – Introduction to Health and Exercise Science			3	C
	UNIV 1000 – The University Experience			1	

Semester Credits _____

YEAR 2	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	BIOL 2250 – Anatomy & Physiology I for Nursing/Allied Health			3	C
	BIOL 2251 – Anatomy & Physiology I for Nursing/Allied Health Lab			1	C
	CHEM 1030 – General Chemistry I			3	C
	CHEM 1031 – General Chemistry I Lab			1	C
	ENGL 2110 – Introduction to Literature			3	C
	Social Science (Refer to University core requirement)			3	
	Choose 1: COMM 2500 (Interpersonal Communication) OR COMM 1010 + (Oral Communication)			3	C

Semester Credits _____

Total Credits _____

YEAR 3	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	HP 3550 – Applied Kinesiology			3	C
	Choose 1: ENGL 3210 (Advanced Composition) OR ENGL 3230 (Technical Writing)			3	C
	PHYS 2030 – General Physics 1			3	C
	PHYS 2031 – General Physics 1 Lab			1	C
	PSYC 2050 – Developmental Psychology			3	C
	BIOL 1060 – Medical Terminology			3	C

Semester Credits _____

Total Credits _____

YEAR 4	SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
	HP 4170 – Exercise Testing and Prescription			3	C
	HP 4180 – Pre-Internship Seminar			1	C
	HED 4000 – Health and Exercise Psychology			3	C
	HP 4500 – Foundations of Health and PE Coaching FALL ONLY			3	C
	Statistics (Choose 1): PSYC 4400 – Statistics for the Behavioral Science OR MATH 2050 – Math of Statistics			3	C
	HED 4600 – Drug and Alcohol Education			3	C

* Physical Therapy school applications will have due dates of 9/1 or 10/1 (program dependent)*

* You must have a cumulative 2.5 GPA to be eligible for HP 4200 (Internship) in your final semester.*

* HP 4500 is only offered during the fall semesters*

* You must complete 30 total observation hours for HP 4170.

You cannot register for HP 4200 (internship) if you do not pass HP 4170*

* Apply for graduation by the end of semester 7*

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
ENGLISH 1020 – Composition and Rhetoric II			3	C
MATH 1090 – Trigonometry			3	C
FA 1040 – Exploring the Arts			3	C
BIOL 1020 – Biological Principles II			3	C
BIOL 1021 – Biological Principles II Lab			1	C
HED 1090 – Personal and Community Health			3	

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
BIOL 2260 – Human Anatomy and Physiology II			3	C
BIOL 2261 – Human Anatomy and Physiology II Lab			1	C
CHEM 1040 – General Chemistry II			3	C
CHEM 1041 – General Chemistry II Lab			1	C
HED 1010 – First Aid and CPR			3	C
HP 2630 – Motor Learning and Development			3	C
HED 3100 – Nutrition and Optimal Performance			3	C

It is recommended to begin working on Physical Therapy observation hours during the summer following semester 4

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
HP 3560 – Exercise Physiology			3	C
HED 2010 – Prevention and Care of Athletic Injuries			3	C
HED 3000 – Community Health Promotion			3	
Choose 1: BIOL 3170 – Histology OR BIOL 3250 – Cell Biology			3	C
HP 4660 – Scientific Principles of Coaching Strength and Conditioning			3	C
PHYS 2040 – General Physics 2			3	C
PHYS 2041 – General Physics 2 Lab			1	C

* Apply to take GRE after semester 6. Begin PTCAS application during summer after semester 6*

* HP 4660 is only offered during the spring semesters*

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
HP 4200 – Internship in Health and Exercise Science			6	C
HED 4500 – Sexuality Education			3	C
PSYC 4450 – Abnormal Psychology			3	C

Semester Credits _____

Total Credits 120

* You must complete 250 hours for HP 4200*

* You must have a minimum of 2.50 adjusted major GPA to qualify for graduation*



Required

Recommended

MILESTONE



Major Elective

Concentration Elective

Academic Elective



YOU'VE FINISHED!

GRADUATION REQUIREMENTS

Major Requirements =45 | University Core/Support = 75 | Total Credits = 120

Courses taken outside of a student's degree program are not eligible for Title IV federal financial aid (grants and loans). However, elective courses are eligible for Title IV aid if they are required and included in the student's program of study. Once a student has completed all required elective credits, any additional elective courses taken beyond the program's requirements will not be eligible for Title IV funding.