

B.S. Degree in Nutrition and Fitness – Academic Map (Fall 2015)

CLARION UNIVERSITY

FRESHMAN YEAR

<u>FALL</u>			<u>Spring</u>		
Courses	Hours	Grade	Courses	Hours	Grade
ATSW 160 Introduction to N & F	3	_____	MATH 111 (or higher)	3	_____
CHEM 153/163 Gen. Chem + Lab	4	_____	CHEM 205 Nutrition	3	_____
ENG 111 Writing II	3	_____	HPE 111 Health & Wellness	2	_____
Personal Performance	1	_____	GE Social & Behavioral Science*	3	_____
GE Physical & Biological Sciences*	<u>3</u>	_____	GE Arts & Humanities (V)*	<u>3</u>	_____
	14			14	

SOPHOMORE YEAR

BIO 251/261 A&P I Lecture/Lab	4	_____	BIO 252/262 A&P II Lecture/Lab	4	_____
GE Social & Behavioral Science(S)*	3	_____	COM 113 Public Speaking	3	_____
ATSW 334 Food, Fitness & Wt. Mgt.	3	_____	ENG 207 Research Methodology	3	_____
ATSW Elective**	3	_____	GE Elective* (Category IV)	3	_____
Elective*	<u>3</u>	_____	Elective*	<u>3</u>	_____
	16			16	

JUNIOR YEAR

ATSW 421 Nutrition II	3	_____	ATSW 426 Life Cycle & Com. N&F	3	_____
PHIL 301 Bioethics	3	_____	ATSW 429 Beh. & Ed Strat. for N&F	3	_____
ATSW 425 Nutr. Assess. & Counsel	3	_____	ATSW 407 Phys. Foun. Coaching	3	_____
ATSW Elective**	3	_____	ATSW Elective**	3	_____
GE Arts & Humanities (Q)*	<u>3</u>	_____	Elective (W)*	<u>3</u>	_____
	15			15	

SENIOR YEAR

ATSW 431 Fit Assess & Prescription	3	_____	ATSW 449 Internship in N & F	3	_____
PSY 230 Statistics	4	_____	ATSW 402 N&F Seminar	2	_____
ATSW Elective**	3	_____	ATSW Elective**	3	_____
ATSW Elective (W)**	3	_____	Elective*	3	_____
Elective*	<u>3</u>	_____	Elective*	<u>3</u>	_____
	16			14	

TOTAL: 120 HOURS

*These courses must be selected with consultation from your ATSW advisor from the list of approved General Education Courses.

**ATSW Elective selections should be made with consultation from your ATSW advisor.