

Name _____
 Clarion ID _____
 Advisor _____

Entrance Date _____

GENERAL EDUCATION REQUIREMENTS: 48 CREDITS
Please refer to the approved list of Gen. Ed. courses that appears in the newspaper schedule.

I. LIBERAL EDUCATION SKILLS - 12 CREDITS CR. GR.

A. English Composition (3 credits)
 ENG 111: College Writing _____ 3

B. Mathematics Requirement (3 credits) *Math 111 or higher
 _____: _____ 3

C. Credits to total 12 in Category I, selected from at least two of the following: Academic Support, Communication, Computer Information Science, CSD 465, Elementary Foreign Language & Speech Communication

CMST 113: Public Speaking _____ 3
 ENG 207: Research Method & Writing _____ 3

II. LIBERAL KNOWLEDGE - 27 CREDITS

A. **Physical and Biological Sciences** (9 credits) selected from at least two of the following: Biology, Chemistry, Earth Sci., ENVR275, GS411, HON230, Mathematics, Phys. Sci. & Physics.
 CHEM 153/163: General Chemistry & Lab _____ 4
 CHEM 205: Nutrition I _____ 3

B. **Social & Behavioral Science** (9 credits) selected from at least two of the following: Anthropology, CSD 125/257, Economics, Geography, GS140, History, HON240, NURS320, Pol. Sci., Psychology, Social Work, Sociology, & Women's Studies
 PYSCH 230: Statistical Methods _____ 4

C. **Arts & Humanities** (9 credits) selected from at least two of the following: Art, English Language and Literature, HON 130, Humanities, Intermediate Foreign Language and Cultures, Music, Philosophy, Speech and Theater.
 PHIL 301: Bioethics _____ 3

III. HEALTH & PERSONAL PERFORMANCE 3 CREDITS

A. Health and Wellness (2 credits)
 HPE 111: Health Education _____ 2

B. Personal Performance (1 course for 1 credit)
 _____: _____ 1

IV. GEN. ED. ELECTIVES - CREDITS TO TOTAL 48 FROM GEN. ED. (1 credit from III. B. is allowed)

FLAGS - Record below

_____ First Year Values (V)
 _____ Quantitative Reasoning (Q)
 _____ Second Year Values (S)

V. REQUIREMENTS IN MAJOR: 55 CREDITS.

A) Required Core Courses (Total 37 credits) CR GR

ATSW 160: Introduction to Nutrition & Fitness _____ 3
 ATSW 334: Food, Fitness & Weight Management _____ 3
 ATSW 402: N & F Seminar II "Capstone" _____ 2
 ATSW 407: Physiological Foundations of Coaching _____ 3
 ATSW 421: Nutrition II _____ 3
 ATSW 425: Nutrition Assessment & Counseling _____ 3
 ATSW 426: Life Cycle & Community N&F _____ 3
 ATSW 429: Behavior & Education Strategies for N&F _____ 3
 ATSW 431: Fitness Assessment and Prescription _____ 3
 ATSW 449: Internship in Nutrition & Fitness _____ 3
 BIOL 251/261: Anatomy & Physiology I & Lab _____ 4
 BIOL 252/262: Anatomy & Physiology II & Lab _____ 4

B) Electives in Major (Total 18 Credits)

Choose 6 Electives in Athletic Training, Sport and Wellness
 ATSW 286: CV & Resistance Training Techniques _____ 3
 ATSW 320: Health Promotion _____ 3
 ATSW 333: Fitness for Wellness _____ 3
 ATSW 336: Sport Nutrition _____ 3
 ATSW 340: Nutrition Education _____ 3
 ATSW 386: Principles of Exercise Training _____ 3
 ATSW 400: Special Topics (W) _____ 3
 ATSW 409: Kinesiological Foundations of Coaching _____ 3
 ATSW 427: Medical Nutrition Therapy _____ 3

VI. Free Electives: (Credits to Total 120 for Graduation) CR GR

Notes: *Required Proficiencies – (Grade C or higher)
 *Also count toward General Education Requirements
 ENG 207: Research Methodology
 CHEM 153/163: General Chemistry & Lab
 CHEM 205: Nutrition I
 PYSCH 230: Statistical Methods
 CMST 113: Public Speaking
 PHIL 301: Bioethics
 HPE 111: Health Education