

CLARION UNIVERSITY OF PENNSYLVANIA
Department of Nutrition, Health & Sport Sciences

Degree: B.S. Integrative Studies
Concentration: Athletic Coaching

Name _____
 Clarion ID _____

Entrance Date _____
 Advisor _____

GENERAL EDUCATION REQUIREMENTS: 48 CREDITS

Please refer to the approved list of Gen. Ed. Courses.

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

A. English Composition (3 credits)

ENG 111 : College Writing _____ 3

B. Mathematics Requirement (3 credits)

_____ : _____ 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, & INQ 100

_____ : _____ 3

_____ : _____ 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.

_____ : _____ 3

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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

_____ : _____ 3

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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, INQ 100.

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III. HEALTH & PERSONAL PERFORMANCE 3 CREDITS

A. **Health and Wellness** (2 credits)

NFSS 111 : Health Education _____ 2

B. **Personal Performance** (1 course for 1 credit)

_____ : _____ 1

IV. GEN. ED. ELECTIVES - CREDITS TO TOTAL 6 (1 credit from IIIB is allowed)

_____ : _____

_____ : _____

V. REQUIREMENTS IN MAJOR: 59 CREDITS.

A) **Required in Major** (Total 72 credits) CR GR

NFSS 286: CV & Resistance Training Techniques _____ 3

NFSS 333: Fitness for Wellness _____ 3

NFSS 334: Food, Fitness & Weight Management _____ 3

NFSS 336: Sport Nutrition _____ 3

NFSS 365: Sports Leadership _____ 3

NFSS 406: Athletic Injuries _____ 3

NFSS 407: Physiological Foundations of Coaching _____ 3

NFSS 408: Principles and Problems of Coaching _____ 3

NFSS 409: Kinesiological Foundations of Coaching _____ 3

NFSS 440: Sport Facility & Event Management _____ 3

NFSS 435: Risk Management for Sport _____ 3

NFSS 444: COOP Athletic Coaching _____ 3

NFSS 467: Ethics in Sport _____ 3

B) Choose ONE of the following

NFSS 350: Theory & Tech Athletic Coaching _____ 2

NFSS 351: Theory & Tech Coaching Basketball _____ 2

NFSS 352: Theory & Tech Coaching Baseball/Softball _____ 2

NFSS 354: Theory & Tech Coaching Football _____ 2

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

_____ : _____

_____ : _____

_____ : _____

FLAGS (RECORD BELOW)

First Year Value Flag (V) _____

Second Year Values (S) _____

Quantitative Reasoning (Q) _____

Writing Intensive(W) _____

Writing Intensive (W) _____

Information Literacy (I) _____