

NAME _____ TRANSFER:* _____
 Clarion ID# _____
 ENTRANCE DATE _____ CUP: _____
 PROGRAM ENTRY DATE _____
 ADVISOR _____

GENERAL EDUCATION REQUIREMENTS: 48 CREDITS
Please refer to the approved list of General Education courses that appears on the master schedule.

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

A. English Composition (3 credits) *ENG 111 or higher
 _____ : _____ 3 _____

B. Mathematics Requirement (3 credits) *Math 112 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
 INQ 100 : Freshmen Inquiry Seminar _____ 3 _____
 _____ : _____ _____

II. LIBERAL KNOWLEDGE - 27 CREDITS

A. Physical and Biological Sciences (9 credits)
 Selected from at least two of the following: Biology, Chemistry, Earth Science, ENVR275, GS411, HON230, Mathematics, Physical Science & Physics.
 _____ : _____
 _____ : _____
 _____ : _____

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
 _____ : _____
 _____ : _____
 _____ : _____

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.
 _____ : _____
 _____ : _____
 _____ : _____

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)
 NFSS 185: Physical Fitness and Conditioning _____ 1 _____

IV. GEN. ED. ELECTIVES - CREDITS TO TOTAL 48 FROM GEN. ED. Up to 1 credit from III. B. is allowed
 _____ : _____
 _____ : _____

V. REQUIREMENTS IN MAJOR: 58 CREDITS.
 Requirements for the BS Integrative Studies
 Concentration in Health Promotion and Wellness:

| A) NFSS Courses (22 Credits) | | CR | GR |
|------------------------------|---|----|-------|
| NFSS | 160: Intro to Nutrition and Fitness | 3 | _____ |
| NFSS | 314: CPR | 1 | _____ |
| NFSS | 317: First Aid and Safety | 2 | _____ |
| NFSS | 320: Health Promotion | 3 | _____ |
| NFSS | 333: Fitness for Wellness | 3 | _____ |
| NFSS | 334: Food Fitness and Weight MGMT | 3 | _____ |
| NFSS | 406: Athletic Injuries Prev Rec and Eval | 4 | _____ |
| COOP | 454: Health Promotion & Wellness Internship | 3 | _____ |

| B) Other Required Courses (12 Credits) | | CR | GR |
|--|----------------------------------|----|-------|
| AH | 101: Medical Terminology | 3 | _____ |
| AH | 201: Introduction to Health Care | 3 | _____ |
| PHIL | 212: Ethics | 3 | _____ |
| REHB | 250: Human Relations Skills | 3 | _____ |

C) Additional 24 Credits Numbered 300 and Above**
 _____ : _____
 _____ : _____
 _____ : _____
 _____ : _____
 _____ : _____
 _____ : _____

VI. FREE ELECTIVES: (Total 120 for Graduation)***
 No more than 39 total credits counted in NFSS coursework. CR GR
 _____ : _____
 _____ : _____
 _____ : _____
 _____ : _____
 _____ : _____

*All candidates for an undergraduate degree must be in good academic standing (i.e., have a cumulative QPA of 2.00).
 **At least 42 credits (including the Major, General Education & Free Electives) must be earned in advanced coursework.
 ***Maximum credits in a single discipline (including the Major, General Education & Free Electives) are limited to 39.
 No more than 2 credits of Personal Performance (III.B.) may be counted for graduation.

FLAGS - _____ First Year Values (V) _____ Writing Intensive (W)
 _____ Quantitative Reasoning (Q) _____ Writing Intensive (W)
 _____ Second Year Values (S) _____ Information Literacy (I)