

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)  
ENGL 111: College Writing \_\_\_\_\_ 3 \_\_\_\_\_

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

C. Freshman Inquiry Seminar (3 credits)  
INQ \_\_\_\_\_ : \_\_\_\_\_ 3 \_\_\_\_\_

D. Credits to total 15 in Category I, selected from at least two of the following: Academic Support, Communication, Computer Information Science, Elementary Foreign Language, Engl Comp, Logic, Mathematics & Speech Communication  
COM 113 : Public Speaking \_\_\_\_\_ 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.

CHEM 145: Chemistry for Allied Health Sciences \_\_\_\_\_ 3 \_\_\_\_\_  
CHEM 205: Nutrition I \_\_\_\_\_ 3 \_\_\_\_\_  
BIOL 155/165: Principles of Biology I & Lab \_\_\_\_\_ 4 \_\_\_\_\_

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  
PSY 211: General Psychology \_\_\_\_\_ 3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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)  
NFSS 111 : Health Education \_\_\_\_\_ 2 \_\_\_\_\_  
B. **Personal Performance** (1 course for 1 credit)  
\_\_\_\_\_ : \_\_\_\_\_ 1 \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FLAGS (RECORD BELOW)

First Year Value Flag (V) \_\_\_\_\_  
Second Year Values (S) \_\_\_\_\_  
Quantitative Reasoning (Q) \_\_\_\_\_

V. REQUIREMENTS IN MAJOR: 59 CREDITS.

A) **Required Core Courses** (Total 34 credits) CR GR

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

B) Required core courses specific for nutrition and fitness/pre-athletic training (Total 6 credits)

NFSS 336: Sport Nutrition \_\_\_\_\_ 3 \_\_\_\_\_  
NFSS 409: Kinesiological Foundations of Coaching \_\_\_\_\_ 3 \_\_\_\_\_

C) **Must be accepted into the Master of Science in Athletic Training prior to taking courses in section C.** (Total 19 credits)

ATTR 510: Practicum I \_\_\_\_\_ 2 \_\_\_\_\_  
ATTR 511: Practicum II \_\_\_\_\_ 2 \_\_\_\_\_  
ATTR 512: Practicum III \_\_\_\_\_ 2 \_\_\_\_\_  
ATTR 528: Foundational Skills in AT & Lab \_\_\_\_\_ 3 \_\_\_\_\_  
ATTR 530: Advanced Movement Dys & Corr Ex \_\_\_\_\_ 2 \_\_\_\_\_  
ATTR 531: Principles of Orthopedic Assessment \_\_\_\_\_ 2 \_\_\_\_\_  
ATTR 549: Therapeutic Interventions \_\_\_\_\_ 2 \_\_\_\_\_  
ATTR 568: EB Assess. & Tx of the Spine & Sac \_\_\_\_\_ 2 \_\_\_\_\_  
ATTR 570: EB Assess. & Tx of the Hip & Pelvis \_\_\_\_\_ 2 \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Notes: \*Required Proficiencies – (Grade C or higher)**

\*Also count toward General Education Requirements  
CHEM 145 : Chem for Allied Health Sciences  
CHEM 205 : Nutrition I  
COM 113 : Public Speaking  
NFSS 111 : Health Education  
PHIL 301 : Bioethics  
ENGL 377: Res Methodology **AND** PSY 301: Statistical Methods  
OR  
AH 301: Res. Methods for AH **AND** MATH 221: El. Applied Stats.  
**MSAT Prerequisites (Grade C or higher)**  
BIOL 155/165: Principles of Biology & Lab  
BIOL 251/261: Anatomy & Physiology I & Lab  
BIOL 252/262: Anatomy & Physiology II & Lab  
PH 251: General Physics  
NFSS 407: Physiological Foundations of Coaching  
NFSS 409: Kinesiological Foundations of Coaching  
PSY 211: General Psychology  
PSY 301 or MATH 221

Writing Intensive(W) \_\_\_\_\_  
Writing Intensive (W) \_\_\_\_\_  
Information Literacy (I) \_\_\_\_\_