

CLARION UNIVERSITY OF PENNSYLVANIA
Department of Nutrition, Health and Sport Science
Degree: B.S. Nutrition and Fitness

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. 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
COM 113: Public Speaking _____ 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, GS141, HON230, Mathematics, Phys. Sci. & Physics.
CHEM 145: Chemistry for Allied Health Sciences _____ 3 _____
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
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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, INQ 100, 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 FROM GEN. ED. (1 credit from III. B. is allowed)

 _____:

FLAGS (RECORD BELOW)

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

V. REQUIREMENTS IN MAJOR: 58 CREDITS

A) Required Core Courses (Total 37 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 & Prescription _____ 3 _____

NFSS 449: Internship Nutrition & Fitness _____ 3 _____

BIOL 251/261: Anatomy & Physiology I & Lab _____ 4 _____

BIOL 252/262: Anatomy & Physiology II & Lab _____ 4 _____

B) Electives (Total 18 Credits)

Students may choose four or more courses from section B and up to two courses from section C.

AH 101: Medical Terminology _____ 3 _____

NFSS 286: CV & Resistance Training Techniques _____ 3 _____

NFSS 320: Health Promotion _____ 3 _____

NFSS 332: Nutrition and Fitness for Women _____ 3 _____

NFSS 333: Fitness for Wellness _____ 3 _____

NFSS 336: Sport Nutrition _____ 3 _____

NFSS 386: Principles of Exercise Training _____ 3 _____

NFSS 400: Special Topics (W) _____ 3 _____

NFSS 406: Athletic Injuries _____ 3 _____

NFSS 409: Kinesiological Foundations of Coaching _____ 3 _____

NFSS 427: Medical Nutrition Therapy _____ 3 _____

C) Electives in NFSS (Total 6 credits maximum)

Choose from: NFSS: 365, 367, 370, 375, 380, 430, 435, 440

 _____:

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

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 _____:

<p>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</p> <p>ENGL 377 : Research Methodology and PSy 301: Statistical Methods</p> <p style="text-align: center;">OR</p> <p>AH 301: Research Methods for Allied Health and MATH 221: Elementary Applied Statistics</p>
