

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 _____ : _____

D. 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
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, GS411, 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

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 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

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

B) Electives (Total 18 Credits)

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

<u>AH 101: Medical Terminology</u>	3
<u>NFSS 286: CV & Resistance Training Techniques</u>	3
<u>NFSS 320: Health Promotion</u>	3
<u>NFSS 332: Nutrition and Fitness for Women</u>	3
<u>NFSS 333: Fitness for Wellness</u>	3
<u>NFSS 336: Sport Nutrition</u>	3
<u>NFSS 386: Principles of Exercise Training</u>	3
<u>NFSS 400: Special Topics (W)</u>	3
<u>NFSS 406: Athletic Injuries</u>	3
<u>NFSS 409: Kinesiological Foundations of Coaching</u>	3
<u>NFSS 427: Medical Nutrition Therapy</u>	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

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 : Research Methodology **and**

PSy 301: Statistical Methods

OR

AH 301: Research Methods for Allied Health **and**

MATH 221: Elementary Applied Statistics

Writing Intensive (W) _____
 Writing Intensive (W) _____
 Information Literacy (I) _____