

Lock Haven University
Health Science Department
3+2 BS in Health Science / Exercise Science MS in Athletic Training
 Effective: Fall 2017

Intellectual Foundation	9 sh
Written Communication	3 sh
ENGL100: Composition	3 sh
WC Competency 1:	
WC Competency 2:	
Oral Communication	3 sh
Mathematical and Computational Thinking	3 sh
MATH112: Intermediate Algebra OR	3 sh
MATH113: Precalculus OR	
MATH141: Calculus I	
Critical Thinking	
CT Competency 1:	
CT Competency 2:	

Knowledge and Inquiry	21 sh
Natural Sciences Inquiry	6 sh
BIOL106: Principles of Biology I**	3 sh
#BIOL107: Principles of Biology II**	3 sh
Historical, Behavioral, and Social Sciences Inquiry	6 sh
PSYC100: Introduction to Psychological Science**	3 sh
Philosophical, Literary, and Aesthetic Inquiry	9 sh
Visual Performing Arts	3 sh
Philosophy or Literature	3 sh
Any of the above	3 sh

Personal and Social Responsibility	12 sh
Global Awareness and Citizenship	9 sh
Historical Foundation	3
Historical Foundation or other	3
Historical Foundation or other	3
Wellness	3 sh
HLTH105: Introduction to Health**	3 sh
Experiential Learning	
EL Competency 1:	
EL Competency 2:	

First Year Student Seminar	1 sh
HLTH119: First Year Student Seminar	1 sh

Major Area and Cognate Courses	77 sh
HLTH115: Human Anatomy and Physiology 1**	4 sh
#HLTH120: Human Anatomy and Physiology 2**	4 sh
#HLTH200: Introduction to Disease	3 sh
#HLTH305: Biomechanics**	3 sh
#HLTH353: Physiology of Exercise**	3 sh
#HLTH425: Clinical Exercise Physiology	3 sh
#HLTH440: Research Methods in Health Science	3 sh
#HLTH485: Field Experience in Health Science	2 sh
MATH107: Basic Statistics 1	3 sh
CHEM120: Principles of Chemistry 1**	4 sh
#CHEM121: Principles of Chemistry 2**	4 sh
#RECR205: Nutrition for Wellness**	3 sh
Major Area Electives (from page 2)	14 sh
First year MS-AT courses	24 sh

#: BOG Advanced Coursework

*: Suggested Major Area Elective

**: Core course: grade of C or higher required
3.0 cumulative GPA required

UCC approved: 10/13/2017

Administration Approved: 10/26/2017

Major Area Electives	
#ATTR202: Care & Prevention of Athletic Injuries*	3 sh
HLTH108: Medical Terminology	3 sh
HLTH110: Orientation to Athletic Training	1 sh
HLTH140: Introduction to Public Health	3 sh
#HLTH218: Public Health and the Environment	3 sh
#HLTH240: Introduction to Epidemiology	3 sh
#HLTH301: CPR & Emergency Care*	3 sh
#HLTH320: Drug Education	3 sh
#HLTH401: Current Health Issues	3 sh
#HLTH406: Biomechanics of Injury	3 sh
#HLTH407: Advanced Human Physiology	4 sh
#HLTH420: Clinical Evaluation & Rehabilitation	3 sh
#HLTH430: Women's Health Issues	3 sh
#HLTH451: Advanced Human Anatomy	4 sh
#HLTH470: Sex Education	3 sh
#HLTH485: Field Experience	1-4 sh
#HLTH498: Health Science Seminar	1-3 sh
#HLTH499: Independent Study	1-3 sh
PHYS130: Physics 1	4 sh
#PHYS131: Physics 2	4 sh
#PSYC240: Lifespan Development	3 sh
#PSYC307: Abnormal Psychology	3 sh
#PSYC315: Health Psychology	3 sh
RECR200: Principles of Personal Training	3 sh
#RECR301: Exercise Prescription	3 sh
#RECR302: Supervision of Strength Training Programs	3 sh
#RECR303: Sports Nutrition	3 sh
#RECR312: Teaching Conditioning Principles	3 sh
SPAN110: Basic Spanish for Medical Personnel	3 sh
#SPRT206: Introduction to Sport and Exercise Psychology	3 sh

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Suggested Course Sequence

Fall Freshman

BIOL106: Principles of Biology 1 (3)
 HLTH105: Introduction to Health (3)
 HLTH110: Orientation to AT (1)
 HLTH115: Anatomy & Physiology 1 (4)
 HLTH119: First Year Student Seminar (1)
 General Education (3)
 Total (15)

Spring Freshman

BIOL107: Principles of Biology 2 (3)
 ENGL100: Composition (3)
 HLTH120: Anatomy & Physiology 2 (4)
 PSYC100: Intro to Psychology (3)
 MATH (3)
 Total (16)

Fall Sophomore

CHEM120: Principles of Chemistry 1 (4)
 HLTH200: Introduction to Disease (3)
 HLTH353: Physiology of Exercise (3) OR
 HLTH305: Biomechanics (3)
 MATH107: Basic Statistics 1 (3)
 General Education (3)
 Total (16)

Spring Sophomore

CHEM121: Principles of Chemistry 2 (4)
 RECR205: Nutrition for Wellness (3)
 HLTH353: Physiology of Exercise (3) OR
 HLTH305: Biomechanics (3)
 Major Elective (6)
 Total (16)

Fall Junior

General Education (9)
 Major Elective (7)
 Total (16)

Spring Junior

HLTH425: Clinical Exercise Phys (3)
 HLTH440: Research Methods (3)
 HLTH485: Field Experience (2)
 Major Elective (3)
 General Education (6)
 Total (17)

GRADUATE PROGRAM**Summer First Year (4 credits)**

ATTR600: Fundamentals of Athletic Training (4)

Fall First Year (15 credits)

ATTR630: Evidence Based Medicine (1)
 ATTR622: Functional Anatomy 1 (4)
 ATTR664: Evaluation Techniques 1 (3)
 ATTR653: Clinical Experience 1 (3)
 ATTR672: Therapeutic Interventions 1 (4)

Spring First Year (17 credits)

ATTR660: General Medical Conditions (3)
 ATTR642: Functional Anatomy 2 (4)
 ATTR665: Evaluation Techniques 2 (3)
 ATTR654: Clinical Experience 2 (3)
 ATTR673: Therapeutic Interventions 2 (4)

Fall Second Year (15 credits)

ATTR604: Administration & Organization (3)
 ATTR655: Clinical Experience 3 (3)
 HLTH632: Psychology of Injury and Illness (3)
 HLTH663: Applied Sport & Exercise Science (3)
 HLTH615: Intro to Pharmacology (3)

Spring Second Year (9 credits)

ATTR615: Current Issues in Athletic Training (3)
 ATTR656: Clinical Experience 4 (6)

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