

**Lock Haven University**  
**Health Science**  
**Bachelor of Science in Health Science**  
**Exercise Science**

Effective: Fall 2019

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

<b>Knowledge and Inquiry</b>	<b>21 sh</b>
<b>Natural Sciences Inquiry</b>	<b>6 sh</b>
BIOL106: Principles of Biology 1	3 sh
#BIOL107: Principles of Biology 2	3 sh
<b>Historical, Behavioral, and Social Sciences Inquiry</b>	<b>6 sh</b>
PSYC100: Introduction to Psychological Science	3 sh
<b>Philosophical, Literary, and Aesthetic Inquiry</b>	<b>9 sh</b>
Visual Performing Arts	3 sh
Philosophy or Literature	3 sh
Any of the above	3 sh

<b>Personal and Social Responsibility</b>	<b>12 sh</b>
<b>Global Awareness and Citizenship</b>	<b>9 sh</b>
Historical Foundation	3 sh
Historical Foundation or Other	3 sh
Historical Foundation or Other	3 sh
<b>Wellness</b>	<b>3 sh</b>
HLTH105: Introduction to Health	3 sh
<b>Experiential Learning</b>	
EL Competency 1:	
EL Competency 2:	

<b>Electives</b>	<b>17 sh</b>

<b>First Year Student Seminar</b>	<b>1 sh</b>
HLTH119: First Year Student Seminar	1 sh

<b>Major Area and Cognate Courses</b>	<b>60 sh</b>
*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
#HLTH363: Applied Sport & Exercise	3 sh
#HLTH414: Current Issues in Exercise Science	3 sh
#HLTH425: Clinical Exercise Physiology	3 sh
#HLTH440: Research Methods in Health Science	3 sh
CHEM120: Principles of Chemistry 1	4 sh
#CHEM121: Principles of Chemistry 2	4 sh
MATH107: Basic Statistics 1	3 sh
#RECR205: Nutrition for Wellness OR	3 sh
CHEM111: Chemistry of Nutrition	
<b>Major Area Electives (from page 2)</b>	<b>17 sh</b>

#BOG Advanced Coursework  
 \*Grade of C or higher required

<b>Major Area Electives</b>	
#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
#HLTH332: Psychology of Injury & Illness	3 sh
#HLTH401: Current Health Issues	3 sh
#HLTH406: Biomechanics of Injury	3 sh
#HLTH407: Advanced Human Physiology	4 sh
#HLTH415: Introduction to Pharmacology	3 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 in Health Science	1-6 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 & Exercise Psychology	3 sh

**Lock Haven University  
Health Science Department  
Exercise Science Track  
Suggested Course Sequence**

**Fall Freshman**

ENGL100: Composition (3)  
BIOL106: Principles of Biology 1 (3)  
HLTH105: Introduction to Health (3)  
HLTH115: Anatomy and Physiology 1 (4)  
HLTH119: First Year Student Seminar (1)

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**Spring Freshman**

BIOL107: Principles of Biology 2 (3)  
HLTH120: Anatomy and Physiology 2 (4)  
PSYC100: Introduction to Psychology (3)  
MATH (3)

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**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)

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**Spring Sophomore**

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

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**Fall Junior**

HLTH363: Applied Sport/Exercise Sci (3)

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**Spring Junior**

HLTH425: Clinical Exercise Physiology (3)  
HLTH440: Research Methods in Health Science (3)

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**Fall Senior**

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**Spring Senior**

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