

Tentative Four Year Plan: BS Nutrition and Fitness Degree / Pre-PT

The below is a tentative schedule and assumes the incoming student with the following placements; Pre-Calculus (Math 171) and College Writing II (ENGL 111). It is highly recommended that you consult a pre-professional faculty advisor to adapt the schedule to your particular circumstances.

Please check with specific Physical Therapy programs for pre-requisites not included below. Some possible recommended courses may include: Microeconomics or Macroeconomics, Kinesiology, and Medical Terminology

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Class	Fall Term	Spring Term
Freshman	BIOL 155: Principals of Biology I BIOL 165: Principals of Biology I Laboratory CHEM 205: Nutrition I ENG 111: College Writing INQ 1XX: Freshman Inquiry Seminar NFSS 160: Intro. to Nutrition and Fitness <div style="text-align: right;">Credits: 16</div>	BIOL 156: Principals of Biology II BIOL 166: Principals of Biology II Laboratory COM 113: Public Speaking MATH 221: Elementary Applied Statistics NFSS 111: Health Education NFSS: Elective in major PSY 211: General Psychology <div style="text-align: right;">Credits: 18</div>

Summer: Job Shadow, Find Clinical Experience

Sophomore	BIOL 251: Human Anatomy & Physiology I BIOL 261: Human Anatomy & Physiology I Lab CHEM 153: General Chemistry I CHEM 163: General Chemistry I Laboratory ENG 1XX: (student choice) NFSS 402: N&F Seminar 2 NFSS: Elective in major <div style="text-align: right;">Credits: 16</div>	BIOL 252: Human Anatomy & Physiology II BIOL 262: Human Anatomy & Physiology II Lab CHEM 154: General Chemistry II CHEM 164: General Chemistry II Laboratory NFSS 334: Food, Fitness, Wgt. Management NFSS 407: Physiological Found. Of Coaching SOC 211: Principles of Sociology <div style="text-align: right;">Credits: 17</div>
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Summer: Job Shadow, Clinical Experience

Junior	BIO 203: Cell Biology CHEM 251: Organic Chemistry I CHEM 261: Organic Chemistry I Lab NFSS 421: Nutrition II NFSS: Elective in major NFSS: Personal Performance PHIL 301: Bioethics <div style="text-align: right;">Credits: 17</div>	CHEM 252: Organic Chemistry II CHEM 262: Organic Chemistry II Lab MATH 270: Calculus NFSS 425: Nut. Assess & Counsel NFSS 426: Nut & Fit Through the Lifecycle NFSS 431: Fit Assess & Prescription <div style="text-align: right;">Credits: 16</div>
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Summer: Job Shadow, Clinical Experience, GRE Prep

Senior	AH 101: Medical Terminology BCHM 453: Biochemistry Gen Ed: Arts & Humanities NFSS 429: Nutrition Education PH 251: General Physics I <div style="text-align: right;">Credits: 16</div>	AH 301: Research Methods NFSS 449: Internship in Nutrition and Fitness NFSS 407: Kinesiology NFSS: Elective in major PH 252: General Physics II <div style="text-align: right;">Credits: 16</div>
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Summer: Take GRE, Clinical Experience, and Submit Application

Note – This tentative academic plan assumes that the required course for physical therapy programs will not be completed until after graduation. Thus the student will apply after graduation and have a gap/push year before matriculating into a physical therapy program. Please consult your pre-professional advisor for the feasibility of completing the physical therapy requirements in three years and thus apply before graduation.