

Name \_\_\_\_\_  
Clarion ID \_\_\_\_\_  
Advisor \_\_\_\_\_

Entrance Date \_\_\_\_\_

GENERAL EDUCATION REQUIREMENTS: 48 CREDITS  
Please refer to the approved list of Gen. Ed. courses that appears in the newspaper schedule.

I. LIBERAL EDUCATION SKILLS - 12 CREDITS CR. GR.

A. English Composition (3 credits)  
ENG 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

CMST 113: Public Speaking \_\_\_\_\_ 3  
ENG 207: Research Method & Writing \_\_\_\_\_ 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 153/163: General Chemistry & Lab \_\_\_\_\_ 4  
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  
PYSCH 230: Statistical Methods \_\_\_\_\_ 4

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)  
HPE 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)

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V. REQUIREMENTS IN MAJOR: 55 CREDITS.

A) Required Core Courses (Total 37 credits) CR GR

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

B) Electives in Major (Total 18 Credits)  
Choose 6 Electives in Athletic Training, Sport and Wellness

ATSW 286: CV & Resistance Training Techniques \_\_\_\_\_ 3  
ATSW 320: Health Promotion \_\_\_\_\_ 3  
ATSW 333: Fitness for Wellness \_\_\_\_\_ 3  
ATSW 336: Sport Nutrition \_\_\_\_\_ 3  
ATSW 340: Nutrition Education \_\_\_\_\_ 3  
ATSW 386: Principles of Exercise Training \_\_\_\_\_ 3  
ATSW 400: Special Topics (W) \_\_\_\_\_ 3  
ATSW 409: Kinesiological Foundations of Coaching \_\_\_\_\_ 3  
ATSW 427: Medical Nutrition Therapy \_\_\_\_\_ 3

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

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Notes: \*Required Proficiencies – (Grade C or higher)  
\*Also count toward General Education Requirements  
ENG 207: Research Methodology  
CHEM 153/163: General Chemistry & Lab  
CHEM 205: Nutrition I  
PYSCH 230: Statistical Methods  
CMST 113: Public Speaking  
PHIL 301: Bioethics  
HPE 111: Health Education

FLAGS - Record below

\_\_\_\_\_ First Year Values (V) \_\_\_\_\_ Writing Intensive (W)  
\_\_\_\_\_ Quantitative Reasoning (Q) \_\_\_\_\_ Writing Intensive (W)  
\_\_\_\_\_ Second Year Values (S) \_\_\_\_\_ Information Literacy (I)