**SUGGESTED SEQUENCE**

**Major: Health Science: Pre-Athletic Training** **Concentration**

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| **FALL OF YEAR ONE** | | |  | **SPRING OF YEAR ONE** | | |
| BIOL 110 | General Biology **– Liberal Studies. \*** | 4 | **SPES 180** | **Medical Terminology – Liberal studies \*** | 1 |
| SPES 117 | Pathway to Wellness – **Liberal studies \*** | 3 | SPES 125 | Pharmacology for Exercise and Health Profession | 2 |
| SPES 150 | Foundations of SPES | 3 | **SPES 175** | **Principles of Nutrition** | 3 |
| ENGL 120 | Introductory English Comp | 3 | LS | Liberal Studies | 3 |
| INTD 105 | Wesleyan Experience | 2 | ENGL 121 | Intermediate English Comp | 3 |
| INTD 115 | Wesleyan Heritage | 1 | **MATH120** | **College Algebra - \*** | **3** |
|  | Total | 6 |  | Total | 15 |

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| FALL OF YEAR TWO | | |  | SPRING OF YEAR TWO | | |
| BIOL 221 | Human A & P 1 | 3 | BIOL 222 | Human A & P 2 | 3 |
| CHEM 123 | Chemistry 1 | 4 | SPES 148 | First Aid and CPR | 1 |
| SPES 256 | Care & Prevention of Athletic Injuries | 3 |  | Liberal Studies | 6 |
| PSYC 101 | General Psychology – Liberal studies \* | 3 | BSHS 210 | Statistical Analysis | 3 |
|  | Liberal studies | 3 |  | Elective | 3 |
|  | Total | 16 |  | Total | 16 |

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| FALL OF YEAR THREE | | |  | SPRING OF YEAR THREE | | |
| PHYS 201 | College Physics 1 | 3 | SPES 356 | Therapeutic Exercise for AHP | 3 |
| PSYC 385 | Sports Psychology | 3 | SPES 376 | Measurements & Assessment in SPES | 3 |
| SPES 357 | Therapeutic Modalities for AHP | 3 | SPES 380 | Physiology of Exercise | 3 |
| SPES 341 | Intro. Motor Behavior | 3 |  | Liberal Studies | 6 |
|  | Liberal Studies | 3 |  |  |  |
|  | Total | 15 |  | Total | 15 |

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| FALL OF YEAR FOUR | | |  | SPRING OF YEAR FOUR | | |
| SPES 345 | Organization & Administration | 3 | SPES 470 | SPES Senior Seminar | 1 |
| SPES 443 | Kinesiology | 3 | SPES 440 | Adv. Exercise Testing & Prescription | 3 |
|  | Liberal Studies | 5 |  | Liberal Studies | 5 |
| SPES 359 | Exercise Leadership | 3 | SPES 460 | Internship | 3-6 |
|  |  |  | SPES 456 | Advanced Care & Prevention of Injuries | 3 |
|  | Total | 14 |  | Total | 15 |

**Total Hours = 120**