

YEAR 1

Fall semester

- General Chemistry I
- Personal and Community Health

Recommended courses

- First-Year Experience
- College Writing I
- humanities course
- physical education activity course

Spring semester

- College Algebra or Precalculus Mathematics
- Anatomy and Physiology
- Intro to Exercise Science
- Prevention and Care of Athletic Injuries

Recommended courses

- Lifetime Fitness and Wellness

YEAR 2

Fall semester

- College Physics I

Recommended courses

- Biblical Literature
- College Writing II
- Speech Communication
- social science course

Spring semester

- Principles of Nutrition
- Personal Training
- First Aid/CPR

Recommended courses

- General Psychology
- second humanities course
- critical thinking course