

## 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