

**Suggested Course Sequence
Human Performance & Wellness
Athletic Training Concentration: 2005-06**

FRESHMAN YEAR

Fall Semester	Hrs.	Spring Semester	Hrs.
BIOL 209/209L Human Anat & Physiol I	4	BIOL 210/210 L Human Anat & Physiol II	4
or		or	
Gen Ed Natural Science w Lab	4	Gen Ed Natural Science	3
ENGL 111 English Comp	3	ENGL 112 English Comp.	3
HPWA 100 Health and Wellness	1	HPWA 213 Appl. Phys. Fit & Exerc. Pres.	3
HPWA 200 Hist and Phil. Human Perf.	3	General Ed. Math Competency (≥110)	3
General Ed-Fine Arts	3	HPWA 265 First Aid & CPR	3
	15		15-16

SOPHOMORE YEAR

Fall Semester	Hrs.	Spring Semester	Hrs.
BIOL 209/209L Human Anat & Physiol I	4	BIOL 210/210 L Human Anat & Physiol II	4
or		or	
Gen Ed Natural Science w Lab	4	Gen Ed Natural Science	3
HPWA 234 Prev. Care Athletic Injuries	3	HPWA 273 Upper Body Injury Assessment	3
HPWA 260 School and Personal Health	3	HPWA 365 Advanced First Aid	3
Foreign Language	3	Foreign Language	3
PSYC 150 General Psychology	3	General Ed-Soc./Behav. Science	3
General Ed- Humanities	3		15
	15-16		

JUNIOR YEAR

Fall Semester	Hrs.	Spring Semester	Hrs.
HPWA 274 Lower Body Injury Assessment	3	HPWA 303, 303L Exerc. Physiol. w Lab	4
HPWA 420 Therapeutic Modalities	3	HPWA 410 Rehabilitative Exercise	3
HPWA 309, 309L Anat. Kinesiol. w Lab	4	HPWA 401 Org Adm Legal PE	3
HPWA 368 Clinical Exp. in AT I	2	or	
Elective	3	HPWA 430 Med. Conditions/Pharm.	3
	15	HPWA 378 Clinical Ex. in AT II	2
		General Ed-Soc./Behav. Science	3
			15

SENIOR YEAR

Fall Semester	Hrs.	Spring Semester	Hrs.
HPWA 405 Sports Nutrition	3	HPWA 401 Org Adm Legal PE	3
HPWA 468 Clinical Exp. in AT III	2	or	
Gen Ed-Applied Studies	3	HPWA 430 Med. Conditions/Pharm.	3
Electives	6	HPWA 478 Clinical Exp. in AT IV	2
	14	HPWA 494 Senior Seminar	1
		Upper Division Elective*	3
		Electives	6
			15

TOTAL CH: 120

*Recommended is HPWA 404 Preparation for the ACSM Health Fitness Instructor Certification