

III. HEALTH, NUTRITION and EXERCISE SCIENCE

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Guidelines for Mathematical Sciences Courses

Students in the Health, Nutrition, and Exercise Science Department should check the mathematics requirements specified for the major in the college catalog. Students in these majors are required to meet the QuEST Mathematical Science requirement but often have specific or additional mathematics courses specified in the major.

Students with Advanced Placement credit:

Requirements for courses in mathematical sciences can be met through Advanced Placement exam credit. Students who have taken AP exams in calculus, computer science, or statistics should check [here](#) to find out how credit is awarded for your scores.

Verification Statement Policy for the Nutrition and Dietetics Major

In addition to meeting graduation requirements or academic verification in dietetics requirements (for students who already have a bachelor's degree), students who wish to apply to Academic Council for Education in Nutrition and Dietetics (ACEND)-accredited supervised practice programs or graduate programs or to take the Nutrition and Dietetics Technician, Registered Examination will also need to demonstrate that they are proficient in each aspect of the ACEND core knowledge for the Registered Dietitian Nutritionist (KRDN) in order to earn a Verification Statement.

A Verification Statement is an official document that signifies that an individual has completed the requirements of a nutrition and dietetics program accredited by the Accreditation Council in Education for Nutrition and Dietetics (ACEND). Verification Statements are required for dietetic internships and eligibility for the Nutrition and Dietetics Technicians, Registered exam and may be needed for graduate programs, state licensure, and potential employers.

To receive a Verification Statement, students must earn a 75% or higher on assignments tied to the ACEND core knowledge requirements (KRDNs) in major courses at the Mastery level. Assignments that address each ACEND KRDN are embedded in the nutrition and dietetics major courses.

The ACEND KRDNs are listed below:

Domain 1. Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice.

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.2: Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.

KRDN 1.3: Apply critical thinking skills.

Domain 2. Professional Practice Expectations: Beliefs, values, attitudes and behaviors for the nutrition and dietetics practitioner level of practice.

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.2: Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.

KRDN 2.3: Assess the impact of a public policy position on nutrition and dietetics practice.

KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.5: Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates.

KRDN 2.6: Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.

KRDN 2.7: Describe contributing factors to health inequity in nutrition and dietetics including structural bias, social inequities, health disparities and discrimination.

KRDN 2.8: Participate in a nutrition and dietetics professional organization and explain the significant role of the organization.

KRDN 2.9: Defend a position on issues impacting the nutrition and dietetics profession.

Domain 3. Clinical and Client Services: Development and delivery of information, products and services to individuals, groups and populations.

KRDN 3.1: Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the effectiveness of these interventions.

KRDN 3.2: Develop an educational session or program/educational strategy for a target population.

KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

KRDN 3.4: Practice routine health screening assessments, including measuring blood pressure and conducting waived point-of-care laboratory testing (such as blood glucose or cholesterol).

KRDN 3.5: Describe concepts of nutritional genomics and how they relate to medical nutrition therapy, health and disease.

KRDN 3.6: Develop nutritionally sound meals, menus and meal plans that promote health and disease management and meet client's/patient's needs.

Domain 4. Practice Management and Use of Resources: Strategic application of principles of management and systems in the provision of services to individuals and organizations.

KRDN 4.1: Apply management theories to the development of programs or services.

KRDN 4.2: Evaluate a budget/financial management plan and interpret financial data.

KRDN 4.3: Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 4.4: Apply the principles of human resource management to different situations.

KRDN 4.5: Apply safety and sanitation principles related to food, personnel and consumers.

KRDN 4.6: Explain the processes involved in delivering quality food and nutrition services.

KRDN 4.7: Evaluate data to be used in decision-making for continuous quality improvement.

Domain 5. Leadership and Career Management: Skills, strengths, knowledge and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner.

KRDN 5.1: Perform self-assessment that includes awareness in terms of learning and leadership styles and cultural orientation and develop goals for self-improvement.

KRDN 5.2: Identify and articulate one's skills, strengths, knowledge and experiences relevant to the position desired and career goals.

KRDN 5.3: Practice how to self-advocate for opportunities in a variety of settings (such as asking for needed support, presenting an elevator pitch).

KRDN 5.4: Practice resolving differences or dealing with conflict.

KRDN 5.5: Promote team involvement and recognize the skills of each member.

KRDN 5.6: Demonstrate an understanding of the importance and expectations of a professional in mentoring and precepting others.

Nutrition and Dietetics course syllabi list the ACEND core knowledge requirements (KRDNs) that are being assessed at an introductory, developmental, or mastery level. Students who do not meet a KRDN being assessed at the introductory or developmental level will be notified by their course instructor who will provide strategies for improved performance in the future. When a KRDN is being assessed at a mastery level within a course, students are expected to demonstrate proficient or advanced performance. In the event a student does not achieve proficient or advanced performance the student must remediate the assignment until they have achieved at least proficient performance. Remediation plans are at the discretion of the professor teaching the course. Remediating a KRDN will not change the grade for the assignment. The maximum amount of time allowed for completing program requirements after starting NUTR courses at the 300 level is 6 years.

Progression Requirements for the Nutrition and Dietetics Major

Progression requirements: To progress into NUTR 410, NUTR 411, and NUTR 425 students must have completed the following courses with no grades lower than a C- in each and with an average GPA ~~in them~~ of at least 2.50 in them (at least 2.75 if more than one of these courses is transferred to Messiah):

CHEM 105
CHEM 106,
CHEM 204 or CHEM 309 and CHEM 310
BIOL 185 or BIOL 170,
NUTR 121
NUTR 222.

Students who do not achieve the required minimum GPA will not be able to complete the Nutrition and Dietetics major, but will be eligible to complete the Food and Nutrition minor.

Course Repeat Policy for the Nutrition and Dietetics Major

One course from the list of courses used to determine the progression GPA may be repeated one time. An attempt at a course will include all letter grades as well as W. When extenuating circumstances arise (i.e. significant illness or death in the family), students may appeal this policy by submitting a written letter explaining the rationale for the exception to the DPD Director. If the appeal is denied, the decision may be appealed to the dean of the School of Science, Engineering and Health.

Applied Health Science (B.S.) with Pre-Athletic Training Concentration
5-Year Accelerated MSAT – 10 Semester Advising Plan

Course #	Course name	Credits	Course #	Course name	Credits
Fall – 1st semester total		16	Spring – 2nd semester total		17
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
varies	1 st semester language*	3	varies	2 nd semester foreign language*	3
PHIL/RELI	QuEST Philosophy or Religion*	3	HIST xxx	QuEST U.S. History*	3
APHS 170	Concepts of Conditioning*	2	COMM 105	Foundations of Oral Communication*	3
ATHT 102	Introduction to Athletic Training	1	ATHT 140	Prevention & Management of Injury	2
BIOL 170	Cell and Animal Physiology w/Lab*	4	PSYC 101	Introduction to Psychology*	3
Fall – 2nd semester total		17	Spring – 4th semester total		18-19
CHEM 103or105	Chemical Science (rec.)* or GenChem I*	4	Varies	QuEST Arts (ART, THEA, MUGE)*	3
BIOL 185	Human Anatomy & Physiology I w/lab	4	BIBL 20x	Knowledge of the Bible*	3
ATHT 235	Musculoskeletal Assessment	3	BIOL 186	Human Anatomy & Physiology II w/lab	4
APHS elective	GERO 251, PSYC 209, 210, HDFS 311, or 312	3	APHS 215	Chronic Disease and Exercise	3
Varies	3 rd semester language*	3	ATHT 203	Medical Terminology & Topics	2
			Varies	MATH 102 (recommended), 108, or 111	3-4
Fall – 5th semester total		17	Spring – 6th semester total		16-17
ENGL 1xx	QuEST Literature*	3	Varies	QuEST non-western*	2-3
ATHT 339	Musculoskeletal Interventions	3	Varies	QuEST Christian Beliefs*	3
APHS 301	Exercise Physiology w/Lab	4	APHS 271	Kinesiology	3
PHYS 201	Physics w/Lab	4	APHS 325	Exercise Nutrition and Metabolism	3
STAT 269	Introductory Statistics	3	ATHT 480	Athletic Training Senior Seminar	2
			Varies	Ethics/World Views/Pluralism	3
Summer between semester 6 and 7 total		3	Fall – 7th semester total		12
ATHT 507	Emergency Management	1	ATHT 524	Orthopedic Assessment I	3
ATHT 501	Professional Standards and Expectations	1	ATHT 518	Scientific Inquiry I	2
ATHT 505	Athletic Taping and Bracing	1	ATHT 522	Therapeutic Interventions	3
			ATHT 510	Athletic Training Clinical Experience I	4
Spring – 8th semester total		15	Summer between Semester 8 & 9 total		4
ATHT 520	Clinical Experience II	4			
ATHT 545	Gait Analysis and Pathomechanics	2	ATHT 555	Gross Human Anatomy	4
ATHT 530	Clinical Experience III	2			
ATHT 534	Orthopedic Assessment II	3			
ATHT 537	General Medical/Pharmacology Topics ^{A1}	2			
ATHT 528	Scientific Inquiry II	2			
Fall – 9th semester total		14	Spring – 10th semester total		12
ATHT 637	Behavioral Health ^{A1}	2	ATHT 647	Human Performance Training	2
ATHT 624	Clinical Care in Athletic Training	6	ATHT 635	Administration & Liability	2
ATHT 640	Athletic Training Clinical Experience IV	4	ATHT 657	Epidemiology & Public Health ^{A1}	2
ATHT 643	Nutrition for Recovery and Performance	2	ATHT 650	Clinical Experience VI Immersive ^{A2}	4
			ATHT 695	Graduate Seminar Capstone (online)	2

*QuEST requirement

^{A1} 8-week course in 1st half of semester

^{A2} 8-week course in 2nd half of semester

Applied Health Science (B.S.) with Exercise Science Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
APHS 170	Concepts of Conditioning*	2	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
BIOL 185	Human Anatomy and Physiology I	4	BIOL 186	Human Anatomy and Physiology II	4
COMM 105	Oral Communication*	3	IDCR 151	Created and Called for Community*	3
IDFY 101	First Year Seminar*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	PSYC 101	Introduction to Psychology*	3
TOTAL		15	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	APHS 301	Exercise Physiology	4
CHEM 103 or 105	Chemical Science or General Chemistry I**	4	BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3
MATH/CIS/STAT	Mathematical Science* (1 st year)	3	BIOL 189	Genetics for Health Professionals	3
Varies	Literature* (1 st or 2 nd year)	3	HIST	History* (1 st or 2 nd year)	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	Varies	Elective	3
TOTAL		16	TOTAL		16
Junior – Fall			Junior – Spring		
APHS 271	Kinesiology	3	Varies	APHS/ATHT/HPED elective	3
IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
NUTR 222	Principles of Nutrition	3	Varies	Elective	3
Varies	APHS/ATHT/HPED Elective	3	Varies	Elective	3
Varies	Art, Music or Theatre meeting QuEST	3	Varies	Elective	3
TOTAL		14-15	TOTAL		15
Senior – Fall			Senior – Spring		
IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3	APHS 325	Exercise Nutrition and Metabolism	3
INTE 391	Internship	1-3	APHS 412	Senior Seminar	3
Varies	Elective	3	RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3
Varies	Elective	3	Varies	Elective	3
THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3	Varies	Elective	3
TOTAL		13-15	TOTAL		15

*QuEST requirement

**Students interested in pursuing graduate school should take CHEM 105.

Applied Health Science (Pre-OT) (B.S) / Occupational Therapy MOT Suggested Course Sequencing

Course #	Course name	Credits	Course #	Course name	Credits
Fall – 1st semester total		15	Spring – 2nd semester total		16
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
varies	1 st semester language*	3	varies	2 nd semester language *	3
APHS 170	Concepts of Conditioning*	2	COMM 105	Foundations of Oral Communication*	3
BIOL 185	Human Anatomy & Physiology I w/lab	4	BIOL 186	Human Anatomy & Physiology II w/lab	4
PSYC 101	Introduction to Psychology	3	PSYC 209	Life Span Development	3
Fall – 2nd semester total		16	Spring – 4th semester total		17
CHEM 103	Chemical Science *	4	BIBL 20x	Knowledge of the Bible*	3
varies	3 rd semester language/cross cultural*	3	HIST xxx	QuEST U.S. History*	3
APHS 215	Chronic Disease and Exercise	3	Varies	QuEST Arts (ART, THEA, MUGE)*	3
APHS 220	Health Promotion Management	3	ATHT 203	Medical Terminology and Topics	2
STAT 269	Introductory Statistics*	3	BIOL189	Genetics for Health Professions	3
			PSYC 319	Abnormal Psychology	3
Fall – 5th semester total		16-17	Spring – 6th semester total		18
ENGL 1xx	QuEST Literature*	3	Varies	QuEST Christian Beliefs*	3
PHIL/RELI	QuEST Philosophy or Religion*	3	Varies	Ethics/World Views/Pluralism	3
Varies	QuEST non-western*	2-3	APHS xxx	APHS Elective	3
APHS 301	Exercise Physiology w/Lab	4	APHS 325	Exercise Nutrition and Metabolism	3
NUTR 222	Principles of Nutrition	3	APHS 412	Senior Seminar	3
Varies	Free elective	1	Varies	Free elective	3
Summer between semester 6 and 7 total		9			
OCCU 501	Foundations of Occupational Therapy #	3			
OCCU 505	Applied Anatomy and Lab #	3			
OCCU 526	Analysis of Occupation #	3			
Fall – 7th semester total		14	Spring – 8th semester total		14
OCCU 524	Theoretical Perspectives in OT #	3	OCCU 510	Evidence-Based Inquiry	3
OCCU 535	OT Process: Psychosocial Practice & Lab #	4	OCCU 544	Therapeutic Techniques	3
OCCU 553	Common Conditions in OT Practice#	3	OCCU 565	OT Process: Pediatric Practice & Lab	4
OCCU 555	Neurological Conditions OT Practice & L #	4	OCCU 562	Level I Fieldwork: Pediatric Practice	1
			OCCU 626	Advocacy, Policy and Practice Trends	3
Summer between Semester 8 & 9 total		13			
OCCU 530	Research Methods and Design	3			
OCCU 573	Health Promotion OT: Community Inter	2			
OCCU 602	Level 1 Fieldwork Adult Practice	1			
OCCU 605	OT Process: Adult Practice & Lab	4			
OCCU 615	Adaptations & Assistive Technology & Lab	3			
Fall – 9th semester total		14	Spring – 10th semester total		10
OCCU 572	Level I Fieldwork: Community Intervent	2	OCCU 509	OT Process and Practice	2
OCCU 620	Global, Cultural & Spiritual Practices in OT	2	OCCU 636	Enrichment Seminar	2
OCCU 623	Administration, Management & Leadership	3	OCCU 622	Fieldwork Level II-A	6
OCCU 625	OT Process: Older Adult Practice & Lab	4			
OCCU 630	Research Seminar	3			
Summer after semester 10 total		6			
OCCU 632	Fieldwork Level II-B	6			

*QuEST requirement; # Graduate course fulfilling undergraduate requirements (total of 23 credits)

Major requirements inclusive of Pre-OT concentration: 53 credits. QuEST requirements: 41-42 credits. Free electives 6-5.

Total of UG requirements: 123 credits. Unique credits towards graduate degree: 55 credits. Total credits: 178.

Applied Health Science (B.S.) with Pre-Physical Therapy Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
APHS 170	Concepts of Conditioning	2	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
BIOL 170	Cell and Animal Physiology (4)	4	COMM 105	Oral Communication*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
Varies	1 st language*	3	Varies	2 nd language* (1 st or 2 nd year)	3
TOTAL		16	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
MATH 1xxx	Math 102, 108 or 111	3-4	PHYS 202	Physics II	4
Varies	APHS/ATED/HPED elective*	3	BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology	3	APHS 215	Chronic Disease and Exercise	3
ENGL xxx	Literature* (1 st or 2 nd year)	3	HIST 1xx	History* (1 st or 2 nd year)	3
PHYS 201	Physics I	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	3
TOTAL		16-17	TOTAL		16
Junior – Fall			Junior – Spring		
APHS 271	Kinesiology	3	Varies	APHS/ ATHT/HPED elective **	3
BIOL 265	Microbiology	4	Varies	APHS/ ATHT/HPED elective**	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	APHS 301	Exercise Physiology	4
Varies	Art, Music or Theatre* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
Varies	Elective	3	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
TOTAL		16	TOTAL		16
Senior – Fall			Senior – Spring		
IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3	APHS 412	Senior Seminar	3
BIOL 460	Physiology	4	BIOL 465	Gross Anatomy	4
Varies	APHS/ ATHT/HPED elective**	3	RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3
Varies	APHS/ ATHT/HPED elective**	3	APHS 325	Exercise Nutrition & Metabolism	3
TOTAL		13	TOTAL		13

*QuEST requirement

Total Credits: 123

**Students must take at least 9 credits of department electives (specific APHS/HPED or ATHT courses as listed in the major requirements course of study). These courses range from 2-4 credits. These courses should be chosen in consultation with your academic advisor.

Note: BIOL 265 (Offered every fall) and ATHT 203 are required for OT/PT Messiah University Programs

Applied Health Science (B.S.) Pre-Professional Concentration 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
BIOL 170	Cell and Animal Physiology (4)	4	COMM 105	Oral Communication*	3
APHS 170	Concepts of Conditioning	2	CHEM 106	General Chemistry II	4
CHEM 105	General Chemistry I	4	APHS 225 or STAT 269	Research Methods and Statistics or Introductory Statistics	3
Varies	1 st language*	3	Varies	2 nd language* (1 st or 2 nd year)	3
TOTAL		16	TOTAL		16
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	BIBL 20x	Knowledge of the Bible* (2 nd or 3 rd year)	3
BIOL 265	Microbiology	4	HIST 1xx	History* (1 st or 2 nd year)	3
CHEM 204 or CHEM 309	Introduction to Organic Chemistry or Organic Chemistry I	4	APHS 301	Exercise Physiology	4
MATH xxx	MATH 102, 108 or 111 Calculus*	3-4	Varies	Non-Western Studies* (2 nd or 3 rd year)	3
			PSYC 101	Introduction to Psychology	3
TOTAL		14-15	TOTAL		17
Junior – Fall			Junior – Spring		
APHS 271	Kinesiology	3	APHS 325	Exercise Nutrition and Metabolism	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	PHYS 202	Physics	4
Varies xxx	Art, Music or Theatre* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
ENGL xxx	Literature* (1 st or 2 nd year)	3	Varies	APHS/ ATHT/HPED elective	3
PHYS 201	Physics	4	RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3
TOTAL		16	TOTAL		16
Senior – Fall			Senior – Spring		
IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3	APHS 412	Senior Seminar	3
THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3	Varies	Electives or Internship	3
Varies	APHS/ ATHT/HPED elective	3	Varies	Electives	3
BIOL 465	Gross Anatomy	4	BIOL 460	Physiology	4
TOTAL		16	TOTAL		13

*QuEST requirement
123 credits required to graduate

**Students interested in pursuing medical school should work closely with the Pre-Health advisor and take CHEM 310 Organic Chemistry II (4). In addition, CHEM 410 Biochemistry I (4) is strongly recommended. Students considering physician assistant programs should work closely with their advisor and the Office of Pre-Health Professions. The pre-requisites for schools vary so students may need to consider additional courses (e.g. BIOL 260, Genetics, CHEM XXX, Organic Chemistry II).

**Health & Physical Education with K-12 Teacher Certification (B.A.)
8 Semester Plan for starting Odd Fall 2023-2024**

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 10x	First Year Seminar*	3	COMM 105	Oral Communication*	3
HPED 201	Foundations of P.E.	1	IDCR 151	Created and Called for Community*	3
HIST 141 or 142	QuEST U.S. History*	3	Varies	QuEST MATH/CIS/STAT *	3
ENGL 122-176	QuEST Literature*	3	Varies	QuEST Second Semester of Language*	3
Varies	QuEST MATH/CIS/STAT *	3	WELL 127	Aquatics	1
Varies	QuEST 1 st Semester of Language*	3	WELL 1xx	Wellness course option	1
			ATHT 140	Prevention and Management of Injury	2
	TOTAL	16		TOTAL	16
<i>Take PAPA Exam unless exempt by SAT/ACT Score</i>			<i>March 31st – Submit clearances to TEP Office in Boyer 414</i>		
Sophomore – Fall			Sophomore – Spring		
BIOL158	Human Biology I	4	EDUC 203 [†]	Educational Psychology*	3
HDFS 210	Child Development	3	EDSP 207 [†]	Intro. to Special Education	3
Varies	QuEST 3 rd Semester of Language*	3	TEP 210 [†]	Sophomore Field Experience (T&R)	0
APHS 170	Concepts of Conditioning	2	HPED 224	Personal and Community Health	3
APHS 220	Health Promotion Management	3	EDUC 346	Sociocultural Perspectives on Education	3
WELL 1xx	Wellness course option	1	APHS 201	Principles of Exercise Science* (STW)	3
WELL 1xx	Wellness course option	1			
	TOTAL	17		TOTAL	15
<i>Apply to TEP in January. Student MUST pass the PAPA exam by August 15 prior to their Junior year (non-traditional students: Fall in which they enroll in TEP 310. March 1st-TEP Application Submitted online. Math, CIS, FYS, and Literature must be completed or in process (one of these) in order to enroll in 300 level courses</i>					
Junior – Fall			Junior – Spring		
TEP 310 [†]	Field Experience (Must meet TEP admission requirements)	0	EDUC 208	Instr & Assessment w/Eng Lang	3
EDSP 307 [†]	Inclusion Practices	3	APHS 271	Kinesiology	3
EDUC 331 [†]	Instr Design and Assessment for Middle and Secondary Grades	3	HPED 423	Principles of Admin.	3
HPED 229	Motor Learning	3	WELL xxx	Wellness Course Option	1
HPED 329	Sport in Society*	3	HPED 309	Physical Education Instruction Elem	3
Varies	QuEST Philosophy or Religion*	3	HPED 332	Teaching Adapted PE	1
WELL 1xx	Wellness course option	1	WELL 114	Dance and Rhythm Activities	1
			BIBL 20x	QuEST Encountering the Bible	3
	<i>Nov 1st – Application for Professional Semester due</i>				
	TOTAL	16		TOTAL	4548
Senior – Fall			Senior – Spring		
HPED 312	P.E. Instr. Secondary	3	EDUC 420 [†]	Prof Issues in Educ	2
Varies	QuEST Arts/Music/Theater*	3	TEP 431 [†]	Student Teaching HPE – K-12	9
THEO xxx	QuEST Christian Beliefs*	3	TEP 411 [†]	Pre-student Teaching Exp.: HPE	0
Varies	QuEST Non-Western Studies*	2-3	TEP 407 [†]	Student Teaching Seminar	1
HDFS 311	Adolescent Development	3			
	First Aid/CPR Competency	0			
	<i>Take Praxis fall or early spring</i>				
Total		14-15		TOTAL	12

*QuEST requirement; †Courses must be taken concurrently

NOTE: If a student fails to complete the PAPA requirement by August 15 prior to their junior year, that student will be required to either 1) change majors or 2) stay at Messiah an additional year to complete the curriculum as it is designed.

**Health & Physical Education with K-12 Teacher Certification (B.A.)
8 Semester Plan for starting Even Fall 2024-2025**

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 10x	First Year Seminar*	3	COMM 105	Oral Communication*	3
HPED 201	Foundations of P.E.	1	IDCR 151	Created and Called for Community*	3
HIST 141 or 142	QuEST U.S. History*	3	Varies	QuEST MATH/CIS/STAT *	3
ENGL 122-176	QuEST Literature*	3	Varies	QuEST Second Semester of Language*	3
Varies	QuEST MATH/CIS/STAT *	3	WELL 127	Aquatics	1
Varies	QuEST 1 st Semester of Language*	3	WELL 1xx	Wellness course option	1
			ATHT 140	Prevention and Management of Injury	2
	TOTAL	16		TOTAL	16
<i>Take PAPA Exam unless exempt by SAT/ACT Score</i>			<i>March 31st – Submit clearances to TEP Office in Boyer 414</i>		
Sophomore – Fall			Sophomore – Spring		
BIOL158	Human Biology*	4	EDUC 203†	Educational Psychology*	3
HDFS 210	Child Development	3	EDSP 207†	Intro. to Special Education	3
			TEP 210†	Sophomore Field Experience (T&R)	0
Varies	QuEST 3 rd Semester of Language*	3	HPED 224	Personal and Community Health	3
APHS 170	Concepts of Conditioning	2	EDUC 346	Sociocultural Perspectives on Education	3
APHS 220	Health Promotion Management	3	HPED 309+	Physical Education Instruction Elem	3
WELL 1xx	Wellness course option	1	WELL 114	Dance and Rhythm Activities	1
WELL 1xx	Wellness course option	1			
	TOTAL	17		TOTAL	16
<i>Apply to TEP in January. Student MUST pass the PAPA exam by August 15 prior to their Junior year (non-traditional students: Fall in which they enroll in TEP 310. March 1st-TEP Application Submitted online. Math, CIS, FYS, and Literature must be completed or in process (one of these) in order to enroll in 300 level courses</i>					
Junior – Fall			Junior – Spring		
EDUC 208	Instr * Assessment w/Eng Lang	3	TEP 310+	Field Experience (must meet TEP admission requirements)	0
BIBL 20x	QuEST Encountering the Bible*	3	EDSP 307+	Inclusion Practices	3
			EDUC 331+	Instr Design and Assessment for Middle and Secondary Grades	3
HPED 229	Motor Learning	3	APHS 201	Principles of Exercise Science *(STW)	3
HPED 329	Sport in Society*	3	APHS 271	Kinesiology	3
HPED 312	P.E. Instru. Secondary	3	HPED 332	Teaching Adapted PE	1
WELL 1xx	Wellness course option	1	HPED 423	Principles of Administration	3
			WELL xxx	Wellness Course Option	1
	<i>Nov 1st – Application for Professional Semester due</i>				
	TOTAL	16		TOTAL	15
Senior – Fall			Senior – Spring		
Varies	QuEST Philosophy or Religion	3	EDUC 420†	Prof Issues in Educ	2
Varies	QuEST Arts/Music/Theater*	3	TEP 431†	Student Teaching HPE – K-12	9
THEO xxx	QuEST Christian Beliefs*	3	TEP 411†	Pre-student Teaching Exp.: HPE	0
Varies	QuEST Non-Western Studies*	2-3	TEP 407†	Student Teaching Seminar	1
HDFS 311	Adolescent Development	3			
	First Aid/CPR Competency	0			
	<i>Take Praxis fall or early spring</i>				
Total		14-15		TOTAL	12

*QuEST requirement; †Courses must be taken concurrently

NOTE: If a student fails to complete the PAPA requirement by August 15 prior to their junior year, that student will be required to either 1) change majors or 2) stay at Messiah an additional year to complete the curriculum as it is designed.

Nutrition and Dietetics (B.S.) (for students graduating May 2024)
8 Semester Plan

Graduating May 2024, Rev. 5/2022

Course #	Course name	Credits	Course #	Course name	Credits
Semester 1 – Fall			Semester 2 – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called*	3
Varies	1st language* (1st or 2nd year)	3	Varies	2nd language* (1st or 2nd year)	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105	Foundations of Oral Communication*	3	NUTR 121	Food and Food Science	3
NUTR 102	Introduction to Nutrition and Dietetics	1	NUTR 215	ServSafe Manager	1
			ATHT 203	Medical Terminology and Topics	2
TOTAL		14	TOTAL		16
Semester 3 – Fall			Semester 4 – Spring		
APHS 170	Concepts of Conditioning*	2	Varies	Third Language or Cross Cultural*	3
BIOL 185	Anatomy and Physiology I	4	Bible 201	Knowledge of the Bible*	3
BUSA 120	Principles of Management	3	BIOL 186	Anatomy and Physiology II	4
NUTR 222	Principles of Nutrition	3	BIOL189	Genetics	3
PSYC 101	Introduction to Psychology*	3	STAT 269	Introduction to Statistics	3
TOTAL		15	TOTAL		16
Semester 5 – Fall			Semester 6 – Spring		
BIOL 265	Microbiology	4	THEO 2xx	Christian Beliefs* (2nd or 3rd year)	3
CHEM 204	Introduction to Organic Chemistry	4	NUTR 411	Medical Nutrition Therapy I	3
ENG XXX	Literature*	3	NUTR 425	Nutrient Metabolism & Research Methods I	4
NUTR 322	Nutrition Through the Life Cycle	3	NUTR 333	Food Technology	2
HIST XXX	History*	3	Varies XXX	Free Elective	3
TOTAL		17	TOTAL		15
Semester 7 – Fall			Semester 8 – Spring (Grad)		
NUTR 412	Medical Nutrition Therapy II	3	Varies	Non-Western	2-3
NUTR 426	Nutrient Metabolism & Research Methods II	3	Varies	Art, Music, Theatre*	3
NUTR 410	Nutrition Education and Counseling	3	IDS XXX	Ethics/Pluralism/World Views*	3
NUTR 415	Food Service	3	RELI/PHIL	Religion/Philosophy*	3
NUTR 493	Senior Seminar in Nutrition and Dietetics	1	Varies XXX	Free Elective	3
Varies XXX	Free Elective	2-3	Varies XXX	Free Elective	3
TOTAL		15-16	Total		17-18

*QuEST requirement,

** Students may substitute BIOL 170 and 460 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

**Nutrition and Dietetics (B.S.) (for students graduating May 2025)
8 Semester Plan**

Graduating May 2025, Rev. 5/2022

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
COMM 105	Oral Communication*	3	Varies	2 nd language* (1 st or 2 nd year)	3
Varies	1 st language*	3	NUTR 121	Food and Food Science	3
NUTR 102	Introduction to Nutrition and Dietetics	1	PSYC 101	Introduction to Psychology *	3
APHS 170	Concepts of Conditioning	2	NUTR 215	ServSafe Manager	1
		TOTAL			16
			TOTAL		
			17		
Sophomore – Fall			Sophomore – Spring		
BIOL 185	Anatomy and Physiology**	4	BIBL 20x	Knowledge of the Bible* (2 nd -4 th year)	3
CHEM 204	Introduction to Organic Chemistry**	4	BIOL 186	Anatomy and Physiology II**	4
BUSA 120	Principles of Management	3	STAT 269	Introduction to Statistics*	3
NUTR 222	Principles of Nutrition	3	Varies	History meeting QuEST*	3
			Varies	Literature meeting QuEST* (1 st or 2 nd year)	3
		TOTAL			14
			TOTAL		
			16		
Junior – Fall			Junior – Spring		
BIOL 265	Microbiology	4	NUTR 331	Advanced Food Science & Technology	3
Varies	Non-Western Studies* (2 nd or 3 rd year)	3	NUTR 352	Community Nutrition	3
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	NUTR 322	Nutrition through the Life Cycle	3
NUTR 415	Food Service	3	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
Varies	Elective	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
		TOTAL			16
			TOTAL		
			15		
Senior – Fall			Senior – Spring		
Varies	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3	NUTR 412	Medical Nutrition Therapy II	3
NUTR 410	Nutrition Education and Counseling	3	NUTR 426	Nutrient Metabolism & Research Methods II	3
NUTR 411	Medical Nutrition Therapy I	3	Varies	Elective	3
NUTR 425	Nutrient Metabolism & Research Methods I	4	Varies	Elective	3
NUTR 493	Senior Seminar	1	Varies	Arts* (1 st or 2 nd year)	3
		TOTAL			14
			TOTAL		
			15		

*QuEST requirement

**Students may substitute BIOL 170 and 460 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

Sport Management (B.A.)
8 Semester Plan for starting Even Fall 2024 - 2025

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
COMM 105	Oral Communication*	3	Varies	1 st language*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
MATH/CIS/STAT	Mathematical Science* (1 st year)	3	HIST 1xx	History* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology*	3	Varies	Art/Music/Theatre* (1 st or 2 nd year)	3
SPMT 110	Sport Management Careers and Content	1	APHS 170	Concepts of Conditioning*	2
BUSA 120	Principles of Management	3	CIS 190	Strategic Use of the Technology	3
TOTAL		16	TOTAL		17
Sophomore – Fall			Sophomore – Spring		
Varies	2 nd language* (1 st or 2 nd year)	3	SPMT 211	Economics and Governance in Sports	3
SPMT 210	Ethics and Law in Sport Management	3	ACCT 242	Managerial Accounting	3
ACCT 141	Financial Accounting	3	MRKT 130	Marketing Principles	3
BIOL 158	Human Biology*	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
Varies	Elective	3	Varies	Elective	3
TOTAL		16	TOTAL		14-15
Junior – Fall			Junior – Spring		
BIBL 20X	Knowledge of the Bible* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3	APHS 201	Principles of Exercise Science	3
SPMT 313	Sport Facility and Event Management	3	HPED 329	Sport in Society	3
INTE 391	Internship	3	SPMT 314	Sponsorship and Marketing in Sport Manage	3
Varies	Elective	3	SPMT 410	Topics in Sport Management	2
TOTAL		15	TOTAL		14
Senior – Fall			Senior – Spring		
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	SPMT 411	Senior Seminar	3
ENGL 1xx	Literature* (1 st or 2 nd year)	3	INTE 391	Internship	3
BUSA 381	Business Law I	3	HPED 423	Principles of Administration	3
Varies	Electives	4	Varies	Elective	3
INTE 391	Internship	3	Varies	Elective	3
TOTAL		16	TOTAL		15

*QuEST requirement

*Note: Many Sport Management courses are offered alternate years. Consult your academic advisor.

**Sport Management (B.A.)
8 Semester Plan for starting Odd Fall 2023 - 2024**

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
COMM 105	Oral Communication*	3	Varies	1 st language*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
MATH/CIS/STAT	Mathematical Science* (1 st year)	3	HIST xxx	History* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology*	3	Varies	Art/Music/Theatre* (1 st or 2 nd year)	3
SPMT 110	Sport Management Careers and Content	1	APHS 170	Concepts of Conditioning	2
BUSA 120	Principles of Management	3	CIS 190	Strategic Use of the Technology	3
TOTAL		16	TOTAL		17
Sophomore – Fall			Sophomore – Spring		
Varies	2 nd language* (1 st or 2 nd year)	3	SPMT 314	Sponsorship and Marketing in Sport Manage	3
SPMT 313	Sport Facility and Event Management	3	ACCT 242	Managerial Accounting	3
ACCT 141	Financial Accounting	3	MRKT 130	Marketing Principles	3
BIOL 158	Human Biology*	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
Varies	Elective	3	Varies	Elective	3
TOTAL		16	TOTAL		14-15
Junior – Fall			Junior – Spring		
BIBL 20X	Knowledge of the Bible* (1 st or 2 nd year)	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3	APHS 201	Principles of Exercise Science	3
SPMT 210	Ethics and Law in Sport Management	3	HPED 329	Sport in Society	3
INTE 391	Internship	3	SPMT 211	Economics and Governance in Sports	3
Varies	Elective	3	HPED 423	Principles of Administration	3
TOTAL		15	TOTAL		15
Senior – Fall			Senior – Spring		
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	SPMT 410	Topics in Sport Management	2
ENGL xxx	Literature* (1 st or 2 nd year)	3	SPMT 411	Senior Seminar	3
BUSA 381	Business Law I	3	INTE 391	Internship	6
Varies	Electives	4	Varies	Elective	6
TOTAL		13	TOTAL		17

*QuEST requirement

*Note: Many Sport Management courses are offered alternate years. Consult your academic advisor.