

First Semester Blueprint
Department of Health, Nutrition and Exercise Science

When planning your first semester...

- Students should register for a minimum of 12 credits and no more than 16. ([Minimum may be higher for accelerated programs.](#))
- All First-Year students are required to take First Year Seminar their first term. This is a required writing course, and each section focuses on a different topic for students to explore.
- **QuEST** (Qualities Essential for Student Transformation) courses are Messiah University's general education program completed by all students. Specific recommendations for your first semester are included on the blueprint.
- Science labs meet approximately three hours once a week. As you arrange your class schedule, consider the meeting times of labs first, then design the rest of your schedule around them.
- BIOL 170 is only offered in the fall semester. If you are in the pre-professional or pre-physical therapy concentration, it is important to take this course in the fall of your first year in order to stay on track with major courses.
- Students who have earned AP, CLEP, or IB credit should refer to the information provided here: [AP, CLEP, IB Credit](#).
- You can view the most up-to-date version of the schedule of classes by accessing [The View](#).

The First Semester Blueprint is your guide to course registration in your first semester. Click on your major to view the recommended courses (developed by your faculty) for your first semester at Messiah.

[Applied Health Science \(B.S.\) Exercise Science Concentration](#)

[Applied Health Science \(B.S.\) Pre-Athletic Training Concentration](#)

[Applied Health Science \(B.S.\) Pre-Physical Therapy Concentration](#)

[Applied Health Science \(B.S.\) Pre-Professional Concentration](#)

[Applied Health Science \(B.S.\) Pre-Occupational Therapy Concentration](#)

[Health and Physical Education with Teaching Certification \(K-12\) \(B.A.\)](#)

[Nutrition and Dietetics \(B.S.\)](#)

[Sport Management \(B.A.\)](#)

Applied Health Science (B.S.) Exercise Science Concentration

Students MUST register for the following course:		<u>Credits</u>
IDFY 101	First Year Seminar	3
BIOL 185	Human Anatomy and Physiology I AND	4
BIOL 185L	Lab: Human Anatomy and Physiology I	0
Students SHOULD register for the following course:		
APHS 170*	Concepts of Conditioning	2
*Student athletes who compete in a fall season should <u>not</u> register for APHS 170 in the fall.		
Students may CONSIDER registering for the following course:		
PSYC 101	Introduction to Psychology	3

Select from the following QuEST options to complete your schedule:	<u>Credits</u>
COMM 105 (Fundamentals of Oral Communication)	3
European History or U.S. History** (QuEST/GenEd: Euro History or U.S. History)	3
Language Course (CHIN, FREN, GERM, SPAN)	3
PHIL 101 (Problems in Philosophy)	3

Recommended total credits your first semester:	12-16 credits
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**Search [The View](#) by attribute type(s) noted above

Note: If you are pursuing a graduate degree in Occupational Therapy, but NOT in the Accelerated BS/MOT program, follow the APHS-Exercise Science course recommendations.

Specific major-related questions may be directed to Dr. Eric Rawson, Department Chair Health, Nutrition & Exercise Science, erawson@messiah.edu, or 717-796-1800 ext. 7391.

Applied Health Science (B.S.) Pre-Athletic Training Concentration

Students MUST register for the following course:		<u>Credits</u>
IDFY 101	First Year Seminar	3
ATHT 102	Introduction to Athletic Training	1
APHS 170*	Concepts of Conditioning	2
BIOL 170	Cell and Animal Physiology AND	4
BIOL 170L	Lab: Cell and Animal Physiology	0
ONE of the following:		
MATH 102	The Mathematics of Growth (MATH 102 is encouraged) OR	3
MATH 108	Intuitive Calculus with Applications	3
OR the following combination:		
MATH 111 ¹	Calculus I AND	4
MATH 111L	Lab: Calculus I AND	0
MATH 103	Supplemental Calculus	1
Please review the Guidelines for Calculus Courses		
*Student athletes who compete in a fall season should <u>not</u> register for APHS 170 in the fall.		

Select one of the following QuEST options to complete your schedule:	<u>Credits</u>
Language Course (CHIN, FREN, GERM, SPAN)	3
COMM 105 (Fundamentals of Oral Communication)	3
European History or U.S. History* (QuEST/GenEd: Euro History or U.S. History)	3
PHIL 101 (Problems in Philosophy)	3
PSYC 101 (Introduction to Psychology)	3

Recommended total credits your first semester:	12-15 credits
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+ Search [The View](#) by attribute type(s) noted above

NOTE: Fall student athletes in the Pre-Athletic Training Concentration should not register for more than 15 credits. Questions about courses may be directed to Program Director, Dr. Matt Lewis (mlewis@messiah.edu).

¹ MATH 111/111L is intended to be an in-person course for residential and commuter students. Students are advised **NOT** to register for the online asynchronous section of MATH 111/111L (CRNs 1615/1619). These sections are intended for dual-enroll students who are not residential.

Applied Health Science (B.S.) Pre-Physical Therapy Concentration

Students MUST register for the following courses:		<u>Credits</u>
IDFY 101	First Year Seminar	3
BIOL 170	Cell and Animal Physiology AND	4
BIOL 170L	Lab: Cell and Animal Physiology	0
CHEM 105*	General Chemistry I AND	4
CHEM 105L*	Lab: General Chemistry I	0
*Please review the Guidelines for Chemistry Courses		
Students SHOULD register for the following course:		
APHS 170+	Concepts of Conditioning	2
*Student athletes who compete in a fall season should <u>not</u> register for APHS 170 in the fall.		
Students may CONSIDER registering for the following course:		
PSYC 101	Introduction to Psychology	3

Select from the following QuEST options to complete your schedule:	<u>Credits</u>
COMM 105 (Fundamentals of Oral Communication)	3
European History or U.S. History** (QuEST/GenEd: Euro History or U.S. History)	3
Language Course (CHIN, FREN, GERM, SPAN)	3
PHIL 101 (Problems in Philosophy)	3

Recommended total credits your first semester:	12-16 credits
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Specific major-related questions may be directed to Dr. Eric Rawson, Department Chair Health, Nutrition & Exercise Science, erawson@messiah.edu, or 717-796-1800 ext. 7391.

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

Students MUST register for the following courses:		<u>Credits</u>
IDFY 101	First Year Seminar	3
BIOL 170	Cell and Animal Physiology AND	4
BIOL 170L	Lab: Cell and Animal Physiology	0
CHEM 105*	General Chemistry I AND	4
CHEM 105L	Lab: General Chemistry I	0
*Please review the Guidelines for Chemistry Courses		
Students SHOULD register for the following course:		
APHS 170+	Concepts of Conditioning	2
*Student athletes who compete in a fall season should <u>not</u> register for APHS 170 in the fall.		

Select from the following QuEST options to complete your schedule:		<u>Credits</u>
COMM 105	(Fundamentals of Oral Communication)	3
European History or U.S. History**	(QuEST/GenEd: Euro History or U.S. History)	3
Language Course	(CHIN, FREN, GERM, SPAN)	3
PHIL 101	(Problems in Philosophy)	3

Recommended total credits your first semester:	12-16 credits
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5-Year Accelerated Program B.S./MOT in Applied Health Science (Pre-OT)**Note: This program is only for students accepted into the accelerated program**

Students MUST register for the following courses:		<u>Credits</u>
IDFY 101	First Year Seminar	3
BIOL 185	Human Anatomy and Physiology I AND	4
BIOL 185L	Lab: Human Anatomy and Physiology	0
APHS 170*	Concepts of Conditioning	2
*Student athletes who compete in a fall season should <u>not</u> register for APHS 170 in the fall.		
Students may CONSIDER registering for the following courses:		
Language Course	(CHIN, FREN, GERM, SPAN)	3
PSYC 101	Introduction to Psychology	3

Select from the following QuEST options to complete your schedule:	<u>Credits</u>
COMM 105 (Fundamentals of Oral Communication)	3
European History or U.S. History** (QuEST/GenEd: Euro History or U.S. History)	3
PHIL 101 (Problems in Philosophy)	3

Recommended total credits your first semester:	12-15 credits
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**Search [The View](#) by attribute type(s) noted aboveSpecific major-related questions may be directed to Dr. Scott Kieffer, kieffer@messiah.edu, or 717-796-1800 ext. 2633.

Health and Physical Education with Teaching Certification (K-12) (B.A.)

Students MUST register for the following courses:		<u>Credits</u>
IDFY 101	First Year Seminar	3
HPED 201	Foundations of Physical Education	1
Students may CONSIDER registering for the following courses:		
APHS 170*	Concepts of Conditioning	2
Mathematical Science**	QuEST/GenEd: Math	3-4
*Student athletes who compete in a fall season should <u>not</u> register for APHS 170 in the fall.		

Select from the following QuEST options to complete your schedule:	<u>Credits</u>
ENGL 124-176** (QuEST/GenEd: Literature)	3
COMM 105 (Fundamentals of Oral Communication)	3
European History or U.S. History** (QuEST/GenEd: Euro History or U.S. History)	3
Language Course (CHIN, FREN, GERM, SPAN)	3

Recommended total credits your first semester:	12-16 credits
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Specific major-related questions may be directed to Dr. Eric Rawson, Department Chair Health, Nutrition & Exercise Science, erawson@messiah.edu, or 717-796-1800 ext. 7391.

Nutrition and Dietetics (B.S.)

Students MUST register for the following courses:		<u>Credits</u>
IDFY 101	First Year Seminar	3
NUTR 102	Intro. to Nutrition and Dietetics	1
CHEM 105*	General Chemistry I AND	4
CHEM 105L*	Lab: General Chemistry I	0
*Please review the Guidelines for Chemistry Courses		
Students may CONSIDER registering for the following courses:		
BIOL 185	Human Anatomy and Physiology I AND	4
BIOL 185L	Lab: Human Anatomy and Physiology I	0
OR		
BIOL 170*	Cell and Animal Physiology AND	4
BIOL 170L*	Lab: Cell and Animal Physiology	0
AND		
APHS 170**	Concepts of Conditioning	2
**Student athletes who compete in a fall season should <u>not</u> register for APHS 170 in the fall.		
*If you plan to spend a semester studying abroad, you should register for either BIOL 185 (the typical choice for nutrition and dietetics majors) or BIOL 170 (for students planning to pursue graduate study in nutrition science or medical, physician assistant or pharmacy school).		

Select from the following QuEST options to complete your schedule:	<u>Credits</u>
COMM 105 (Fundamentals of Oral Communication)	3
PSYC 101 (Introduction to Psychology)	3
European History or U.S. History** (QuEST/GenEd: Euro History or U.S. History)	3
Language Course (CHIN, FREN, GERM, SPAN)	3
PHIL 101 (Problems in Philosophy)	3

Recommended total credits your first semester:	12-16 credits
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If you have further questions about the Nutrition and Dietetics major see the [Nutrition and Dietetics web site](#) or contact Dr. Amy Porto, aporto@messiah.edu (hours are intermittent during the summer).

Sport Management (B.A.)

Students MUST register for the following courses:		<u>Credits</u>
IDFY 101	First Year Seminar	3
SPMT 110	Sport Management Careers & Content	1
Students may CONSIDER registering for the following course:		
BUSA 120	Principles of Management	3
PSYC 101	Introduction to Psychology	3

Select from the following QuEST options to complete your schedule:		<u>Credits</u>
COMM 105	(Fundamentals of Oral Communication)	3
European History or U.S. History*	(QuEST/GenEd: Euro History or U.S. History)	3
Language Course	(CHIN, FREN, GERM, SPAN)	3
Mathematical Science*	(QuEST/GenEd: Math)	3 or 4
PHIL 101	(Problems in Philosophy)	3

Recommended total credits your first semester:	12-16 credits
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