

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 catalogue. Students in these majors are required to meet the QuEST Mathematics 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.

Nutrition and Dietetics (B.S.) Progression Requirements

In order to progress into NUTR 410, 411, and 425, students must have completed the following courses with no grades lower than a C- in each and an average GPA in them of 2.5 (2.75 if more than one of these courses is transferred to Messiah): CHEM 105, 106, and 204 or 309/310, BIOL 185 or BIOL 160, NUTR 121 and 222. Students who do not achieve the required minimum GPA will not be able to complete the Nutrition and Dietetics major. Student grades will be reviewed at the completion of CHEM 105 and 106 and NUTR 121. Typically, this will happen after the first two semesters. Students who have less than a 2.5 cumulative GPA after these three classes (less than a 2.75 for students who transfer one of these classes in) will be considered to be on probation as far as the progression in the major is concerned.

Nutrition and Dietetics (B.S.) Progression Course Repeat Policy

One course from the list may be repeated one time. An attempt at a course will include all letter grades as well as W, WP, and WF. 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 department decision may be appealed to the dean of the School of Science, Engineering and Health.

8-Semester Plans

Adventure Education for Even-odd Academic Years (2018-2019)

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
COMM 105	Oral Communication*	3	ADED 139	Wilderness Encounter (J-term)	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
Varies	1 st language*	3	MATH/CIS/STAT	Mathematical Science* (1 st year)	3-4
ADED 282	Rock Climbing Instructor	3	Varies	2 nd language* (1 st or 2 nd year)	3
WELL 135	Non-Traditional Games	1	HIST xxx	History* (1 st or 2 nd year)	3
ADED 250	Foundations of Adv Ed	3			
TOTAL		16	TOTAL		15-16
Sophomore – Fall			Sophomore – Spring		
BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3	ADED 180	Wilderness First Responder (J-term)	3
BIOL 117 or BIOL 140	Field Biology or Ecology and Sustainability	3	ENGL xxx	Literature* (1 st or 2 nd year)	3
APHS 170	Concepts of Conditioning	2	ADED 281	Caving Instructor	2
PYSC 203	Educational Psychology [^]	3	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
ADED 286	Paddlesport Instructor	3	Varies xxx	Art/Music/Theatre * (1 st or 2 nd year)	3
LEAD 310	Leadership Theory and Development	3	ADED 288	Challenge Course Facilitation & Management	3
TOTAL		17	TOTAL		16-17
Junior – Fall			Junior – Spring		
	(NOLS Semester)		ADED 401	Advanced Technical Skills	3
PHIL/RELI xxx	Philosophy/Religion* (2 nd year or 3 rd)	3	APHS 201	Principles of Exercise Science	3
Varies	BIOL 258 Human Biology or BIOL 185 Human Anatomy or APHS 271 Physiology or Kinesiology	3-4	ADED 331	Adventure Processing and Group Facilitation	3
Varies	Elective	3	HPED 332	Teaching Adaptive Physical Education	1
Varies	Elective	3	HPED 423	Principles of Administration	3
			EDUC 331	Instructional Design and Assessment for Middle and Secondary Grades	3
			ADED 251	Outdoor Leadership & Teaching Methods (May)	3
TOTAL		12-13	TOTAL		19
Senior – Fall			Senior – Spring		
ADED 351	Programming and Trip Design	3	ADED 352	Trip Implementation & Evaluation	3
ADED 411	Senior Seminar	3	ADED 411	Senior Seminar	3
IDS xxx	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3	HPED 332	Teaching Adaptive Physical Education	1
THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3	INTE 394	Internship	1-12
Varies	Elective	3	Varies	3 rd language or Cross Cultural* (2 nd or 3 rd year)	3
Varies	Elective	3	Varies	Elective	3
TOTAL		18	TOTAL		14-18

*QuEST requirement

[^]Students should register for PSYC 203, not EDUC 203. EDUC 203 is for teaching certification students only, and requires specific co-requisites, causing registration errors to occur for non-certification students.

Adventure Education for Odd-Even Academic Years (2018-2019) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
IDFY 101	First Year Seminar*	3	ADED 139	Wilderness Encounter (J-term)	3
ADED 286	Paddlesport Instructor	3	ADED 281	Caving Instructor	2
BIOL 117 or BIOL 140	Field Biology or Ecology and Sustainability	3	ADED 288	Challenge Course Facilitation and Management	3
WELL 135	Non-Traditional Games	1	IDCR 151	Created and Called for Community*	3
Varies	1 st language*	3	MATH/CIS/STA	Mathematical Science* (1 st year)	3-4
COMM 105	Oral Communication*	3	Varies	2 nd language* (1 st or 2 nd year)	3
TOTAL		16	TOTAL		17-18
Sophomore – Fall			Sophomore – Spring		
ADED 250	Foundations of Adventure Education	3	ADED 180	Wilderness First Responder (J-term)	3
ADED 282	Rock Climbing Instructor	3	ADED 331	Adventure Processing and Facilitation	3
APHS 170	Concepts of Conditioning	2	APHS 201	Principles of Exercise Science	3
BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3	ENGL xxx	Literature* (1 st or 2 nd year)	3
BIOL 258 or BIOL 185 or APHS 271	Human Biology or Human Anatomy and Physiology or Kinesiology (3)	3-4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
PYSC 203	Educational Psychology^	3	ADED 251	Outdoor Leadership & Teaching Methods(May)	3
TOTAL		17-18	TOTAL		17-18
Junior – Fall			Junior – Spring		
ADED 351	Programming and Trip Design	3	ADED 352	Trip Implementation & Evaluation	3
EDUC 331	Instructional Design and Assessment	3	HPED 332	Teaching Adaptive Physical Education	1
HIST xxx	History* (2 nd or 3 rd year)	3	HPED 423	Principles of Administration	3
LEAD 310	Leadership Theory and Development	3	Varies xxx	Art/Music/Theater*	3
RELI/PHIL	Religion/Philosophy* (2 nd or 3 rd year)	3	IDS xxx	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3
TOTAL		15	TOTAL		13
Senior – Fall			Senior – Spring		
	(NOLS semester)		ADED 401	Advanced Technical Skills	3
ADED 411	Senior Seminar	3	INTE 391	Internship	1-6
Varies	Elective	3	THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3
Varies	Elective	3	Varies	3 rd language or Cross Cultural* (3 rd or 4 th year)	3
Varies	Elective	3	Varies	Elective	3
Varies	Elective	3			
TOTAL		15	TOTAL		13-18

*QuEST requirement

^Students should register for PSYC 203, not EDUC 203. EDUC 203 is for teaching certification students only, and requires specific co-requisites, causing registration errors to occur for non-certification students.

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 Profession	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	APHS xxx	APHS 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	Nutrition Theory	3	Varies	Elective	3
APHS xxx	APHS Elective	3	Varies	Elective	3
Varies	Art, Music or Theatre* (1 st or 2 nd year)	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	Applied Human Physiology	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 (B.S.) / Occupational Therapy
(M.S.O.T.) 3+2 Suggested 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 185	Human Anatomy and Physiology I	4	BIOL 186	Human Anatomy and Physiology II	4
APHS 170	Concepts of Conditioning	2	Varies	2 nd language* (1 st or 2 nd year)	3
PSYC 101	Introduction to Psychology	3	COMM 105	Oral Communication*	3
Varies	1 st language*	3	PSYC 209	Life Span Development	3
		TOTAL			15
			TOTAL		
			16		
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	BIBL 20X	Knowledge of the Bible* (1 st or 2 nd year)	3
STAT 269	Statistics*	3	HIST	History* (1 st or 2 nd year)	3
SOCI 101	Principles of Sociology*	3	varies xxx	Art, Music or Theatre* (1 st or 2 nd year)	3
CHEM 103	Chemical Science*	4	PSYC 319	Abnormal Psychology	3
IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	BIOL 189	Genetics for Health Professions	3
WELL xxx	Wellness* (1 st or 2 nd year)	1			
		TOTAL			16
			TOTAL		
			15		
Junior – Fall			Junior – Spring		
NUTR 222	Nutrition Theory	3	THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3
APHS 301	Exercise Physiology	4	APHS 325	Applied Human Physiology	3
ENGL xxx	Literature* (1 st or 2 nd year)	3	APHS 412	Senior Seminar	3
RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3	IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3
Varies	3 rd language or Cross Cultural* (2 nd or 3 rd yr)	3	APHS 360	Exercise Testing and Prescription	3
			APHS xxx	APHS elective	3
		TOTAL			16
			TOTAL		
			18		
Senior Fall @ TJU			Senior Spring @ TJU		
OT 302	App. Anatomy and Kinesiology	4	OT 308	Concepts in Neurodevelopment L/L	4
OT 311	Health and Health Conditions	4	OT 322	Found of Occupation-Centered Pract I	2
OT 321	Found of Occupation-Centered Pract I	2	OT 357	Evaluation Process	4
OCT 336	Occupation through Lifespan L/L	5			
OT	Domains of OT Practice Field Work I	2			
		TOTAL			17
			TOTAL		
			8		

*QuEST requirement

Summer courses at TJU include:

- OT 341 Occupational analysis and evaluation-Fieldwork level 1: 2 cr
- OT 467 Health Services Administration & Professional Development: 2 cr
- OT 603 Research Mentorship and Methods: 4 cr
- Substitute OT 302 for APHS 271
- Substitute OT 311 for HPED 305
- Students will also take other courses their senior year at TJU, but these are 500+ level courses and there do not count towards the undergraduate degree.
- Students must have a "B" average between BIOL 185 & 186.
- Students may "walk" in the Messiah College May graduation ceremony, but will not complete their Messiah College degree until August, contingent upon successful completion of OT 467.

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 160	Molecular and Cellular Biology	4	COMM 105	Oral Communication*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
PSYC 101	Introduction to Psychology	3	MATH xxx	Math 102, 108 or 111* (1 st or 2 nd year)	3-4
Varies	1 st language*	3	Varies	2 nd language* (1 st or 2 nd year)	3
TOTAL		15	TOTAL		15-16
Sophomore – Fall			Sophomore – Spring		
APHS 215	Chronic Disease and Exercise	3	APHS 301	Exercise Physiology	4
Varies	APHS/ATED/HPED elective**	3	BIBL 20x	Knowledge of the Bible* (1 st or 2 nd year)	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
ENGL xxx	Literature* (1 st or 2 nd year)	3	HIST 1xx	History* (1 st or 2 nd year)	3
Varies	Elective	3	PHYS 202	Physics	4
TOTAL		16	TOTAL		18
Junior – Fall			Junior – Spring		
APHS 271	Kinesiology	3	APHS 325	Applied Human Physiology	3
BIOL 382	Microbiology for Health Professions	4	Varies	APHS/ATED/HPED elective**	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	PHYS 202	Physics	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
PHYS 201	Physics I	4	THEO 2xx	Christian Beliefs* (2 nd or 3 rd year)	3
TOTAL		17	TOTAL		16
Senior – Fall			Senior – Spring		
IDS xxx	Ethics/Pluralism/World Views* (3 rd - 4 th yr)	3	APHS 412	Senior Seminar	3
BIOL 385	Physiology	4	BIOL 386	Human Anatomy	4
Varies	APHS/ATED/HPED elective**	3	RELI/PHIL	Religion/Philosophy* (1 st or 2 nd year)	3
Varies	APHS/ATED/HPED elective**	3	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	3
TOTAL		13	TOTAL		13

*QuEST requirement

Total Credits: 123

*Students must take at least 9 credits of department electives (specific APHS/HPED or ATED 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 382 (Offered every fall and spring odd years only)

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 160	Molecular and Cellular Biology	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 382	Microbiology for Health Professions	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	IDNW xxx	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	Applied Human Physiology	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/ATED/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/ATED/HPED elective	3	Varies	Electives	3
BIOL 386	Human Anatomy	4	Varies	Electives	3
TOTAL		16	TOTAL		12

*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.

Athletic Training (B.A.) 8-Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
First Year – Fall			First Year – Spring		
ATED 102	Introduction to Athletic Training	1	ATED 180	First Aid/Emergency Care (J-term)	3
BIOL 185	Human Anatomy and Physiology I*	4	ATED 136	Prevention and Risk Management	3
CHEM 103 or CHEM 105**	Chemical Science or General Chemistry I**	4	ATED 137	Prevention and Risk Management Lab	1
IDFY 101	First Year Seminar*	3	BIOL 186	Human Anatomy and Physiology II	4
PSYC 101	Introduction to Psychology*	3	IDCR 151	Created and Called for Community*	3
			Varies	1 st language*	3
TOTAL		15	TOTAL		17
Sophomore – Fall			Sophomore – Spring		
APHS 170	Concepts of Conditioning	2	ATED 203	Medical Terminology/Topics in AT	2
ATED 231	Injury Assessment I	2	ATED 232	Injury Assessment II	2
ATED 233	Injury Assessment III	2	ATED 246	Practicum I in Athletic Training	2
BIBL 20X	Knowledge of the Bible* (1 st or 2 nd year)	3	ATED 337	Therapeutic Modalities	4
NUTR 222	Nutrition Theory	3	COMM 105	Oral Communication*	3
Varies	2 nd language* (1 st or 2 nd year)	3	Varies	Mathematical Science* see note below	3
TOTAL		15	TOTAL		16
Junior – Fall			Junior – Spring		
ATED 335	Therapeutic Exercise	4	APHS 201	Principles of Exercise Science	3
ATED 346	Practicum II in AT	2	ATED 348	Practicum III in AT	2
APHS 271	Kinesiology	3	ATED 442	Admin in AT (alternate odd years)	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
Varies	2 nd Social Science, History* (1 st / 2 nd year)	3	ENGL xxx	Literature* (1 st or 2 nd year)	3
			varies xxx	Art/Music/Theatre* (1 st or 2 nd year)	3
TOTAL		14-15	TOTAL		17
Senior – Fall			Senior – Spring		
ATED 446	Collision Sport in AT	2	ATED 447	Clinical Athletic Training (J-term)	2
ATED 450	Collision Sport Experience	3	ATED 449	Clinical Experience in AT (J-term)	1
THEO 2XX	Christian Beliefs* (2 nd or 3 rd year)	3	ATED 480	Senior Seminar	4
IDS xxx	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3	ATED 330	Pharmacology (even alt years)	2
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	APHS 360	Exercise Test and Prescription	3
			Varies	Elective	1-3
TOTAL		14	TOTAL		15

*QuEST requirement

Total Credits 123

Note: STAT 269 Intro to Statistics recommended for those considering graduate school (PT/PA, etc.)

Note: CHEM 105 Gen Chemistry is recommended for those considering physical therapy, physician assistant or grad school programs

Health & Physical Education Teacher Certification 8 Semester Plan

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	CIS 171	Problem Solving with Computers	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 xxx	Wellness Course Option	1
			HPED 236	Med. Aspects of Sport	2
		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		
BIOL 258	Human Biology*	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
BIBL 20x	QuEST Encountering the Bible*	3	HPED 224	Personal and Community Health	3
APHS 170	Concepts of Conditioning	2	EDUC 201	Ed & Amer. Society	3
WELL xxx	Wellness Course Option	1	HPED 229	Motor Learning	3
WELL xxx	Wellness Course Option	1	APHS 271	Kinesiology	3
		TOTAL			17
					TOTAL
<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 and HPED 326). March 1st-TEP Application Submitted online. Math, CIS, FYS, and Literature must be completed or in process in order to enroll in 300 level courses</i>					
Junior – Fall			Junior – Spring		
TEP 310 [†]	Field Experience (<i>Must meet TEP admission requirements</i>)	0	EDUC 308	Instr & Assessment w/Eng Lang	3
EDSP 307 [†]	Inclusion Practices	3	APHS 201	Principles of Exercise Science* (STW)	3
EDUC 331 [†]	Instr Design and Assessment for Middle and Secondary Grades	3	HPED 423	Principles of Admin.	3
HPED 305	Cont. Issues in Health	3	WELL xxx	Wellness Course Option	1
HPED 329	Sport & Society*	3	HPED 309 [†]	Physical Education Instruction Elem (J-term)	3
Varies	QuEST Philosophy or Religion*	3	HPED 332	Teaching Adapted PE	1
WELL xxx	Wellness Course Option	1			
<i>Nov 1st – Application for Professional Semester due</i>					
		TOTAL			14
Senior – Fall			Senior – Spring		
HPED 312	P.E. Instr. Secondary	3	EDUC 420 [†]	Prof Issues in Educ (J-term)	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, 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 8 Semester Plan

Graduating May 2022, Rev. 1/2018

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 099	Opportunities in Nutrition and Dietetics	1	PSYC 101	Introduction to Psychology*	3
APHS 170	Concepts of Conditioning	2			
TOTAL		16	TOTAL		16
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	Nutrition Theory	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 382	Microbiology	4	NUTR 331	Advanced Food Science & Technology	3
IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3	NUTR 352	Community Nutrition	3
NUTR 322	Nutrition through the Life Cycle	3	PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3
NUTR 341	Food Service	4	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		16-17	TOTAL		15
Senior – Fall			Senior – Spring		
IDS xxx	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 xxx	Arts* (1 st or 2 nd year)	3
TOTAL		14	TOTAL		15

*Students may substitute BIOL 160, 161, and 385 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

Nutrition and Dietetics 8 Semester Plan

Graduating May 2023, Rev. 1/2018

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 099	Opportunities in Nutrition and Dietetics	1	PSYC 101	Introduction to Psychology *	3
APHS 170	Concepts of Conditioning	2			
TOTAL		16	TOTAL		16
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	Nutrition Theory	3	Varies	History meeting QuEST	3
PHIL/RELI xxx	Philosophy/Religion* (1 st or 2 nd year)	3	varies	Literature meeting QuEST* (1 st or 2 nd year)	3
TOTAL		15	TOTAL		16
Junior – Fall			Junior – Spring		
NUTR 322	Nutrition through the Life Cycle	3	NUTR 412	Medical Nutrition Therapy II	3
NUTR 411	Medical Nutrition Therapy I	3	NUTR 426	Nutrient Metabolism & Research Methods II	3
NUTR 425	Nutrient Metabolism & Research Methods I	4	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
			Varies	Elective	3
TOTAL		13	TOTAL		15
Senior – Fall			Senior – Spring		
BIOL 382	Microbiology	4	IDS xxx	Ethics/Pluralism/World Views* (3 rd /4 th yr)	3
NUTR 341	Food Service	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
NUTR 410	Nutrition Education and Counseling	3	NUTR 331	Advanced Food Science & Technology	3
NUTR 493	Senior Seminar	1	NUTR 352	Community Nutrition	3
Varies	Elective	3	Varies xxx	Arts* (1 st or 2 nd year)	3
TOTAL		15	TOTAL		14-15

*QuEST requirement

**Sport Management
8 Semester Plan – for starting Even Fall (Fall 2018)**

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	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 258	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 xxx	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

8 Semester Plan – for starting Odd Fall (Fall 2018)

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			TOTAL
		16			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 258	Human Biology*	4	IDNW xxx	Non-Western Studies* (2 nd or 3 rd year)	2-3
Varies	Elective	3	Varies	Elective	3
		TOTAL			TOTAL
		16			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			TOTAL
		15			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			TOTAL
		13			17

*QuEST requirement

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