

### 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.

## **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 CHEM 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 in 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 above 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 B.A.

Note: This major will not be available to students enrolling after Fall 2019.

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
IDFY 101	First Year Seminar*	3	ADED 139	Wilderness Encounter [Last offering J-term '20]	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 <sup>st</sup> language*	3	MATH/CIS/STA	Mathematical Science* (1 <sup>st</sup> year)	3-4
COMM 105	Oral Communication*	3	Varies	2 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>17-18</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
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 <sup>st</sup> or 2 <sup>nd</sup> year)	3	ENGL xxx	Literature* (1 <sup>st</sup> or 2 <sup>nd</sup> 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 <sup>nd</sup> or 3 <sup>rd</sup> year)	2-3
PYSC 203	Educational Psychology^	3	ADED 251	Outdoor Leadership & Teaching Methods(May)	3
<b>TOTAL</b>		<b>17-18</b>	<b>TOTAL</b>		<b>17-18</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
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 <sup>nd</sup> or 3 <sup>rd</sup> 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 <sup>nd</sup> or 3 <sup>rd</sup> year)	3	IDS xxx	Ethics/Pluralism/World Views* (3 <sup>rd</sup> /4 <sup>th</sup> yr)	3
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>		<b>13</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
	(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 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
Varies	Elective	3	Varies	3 <sup>rd</sup> language or Cross Cultural* (3 <sup>rd</sup> or 4 <sup>th</sup> year)	3
Varies	Elective	3	Varies	Elective	3
Varies	Elective	3			
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>		<b>13-18</b>

\*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 Pre-Athletic Training Concentration**  
**5-Year Accelerated MSAT – 10 Semester Advising Plan**

<p align="center"><b>Semester 1 (17 credits)</b></p> <p>IDFY 101 First-Year Seminar (3)*          BIOL 160 Molecular/Cellular Biology with lab (4)          Varies 1st Language (3)*          CHEM 103 or 105 (4)*          APHS 170 Concepts of Conditioning (2)          ATHT 102 Introduction to Athletic Training (1)</p>	<p align="center"><b>Semester 2 (17 credits)</b></p> <p>COMM 105 (J-term) Introduction to Communication (3)          ATHT 140 Prev/Management of Injury (2)          IDCR 151 Created/Called for Community (3)*          Varies 2nd Language (3)          HIST 1xx History (3)*          PSYC 101 Introduction to Psychology (3)</p>
<p align="center"><b>Semester 3 (16 credits)</b></p> <p>ATHT 235 Orthopedic Assessment (3)          PHIL 1xx or RELI 2xx Philosophy/Religion (3)*          APHS 271 Kinesiology (3)          BIOL 185 Human Anatomy and Physiology I with lab (4)          PSYC xxx Upper level PSYC (3)</p>	<p align="center"><b>Semester 4 (18 credits)</b></p> <p>QuEST Arts requirement (3)* (J-term)          STAT 269 Introductory Statistics (3)*          BIOL 186 Human Anatomy and Physiology II with lab (4)          APHS 215 Chronic Disease and Exercise (3)          ATHT 203 Medical Terminology (2)          BIBL 2xx Bible (3)*</p>
<p align="center"><b>Semester 5 (17 credits)</b></p> <p>ENGL 1xx Literature (3)*          ATHT 339 Therapeutic Interventions (3)          APHS Varies APHS Elective (3)          APHS 301 with lab Exercise Physiology (4)          PHYS 201 Physics I with lab (4)</p>	<p align="center"><b>Semester 6 (17-18 credits)</b></p> <p>Varies 3<sup>rd</sup> Language or J-term Cross-Cultural (3)*          Varies Non-Western (2-3)*          APHS 325 Applied Human Physiology (3)          THEO xxx Christian Beliefs (3)*          Varies Ethics/Pluralism/World Views (3)*          ATHT 480 Athletic Training - Senior Seminar (3)</p>
<p align="center"><b>Summer between semester 6 and 7 (4 credits)</b></p> <p align="center">ATHT 507 Emergency Management (1)          ATHT 501 The Professional Athletic Trainer (1)          ATHT 510 Clinical Rotation I: Messiah/HS/College (1)          ATHT 505 Bracing and Taping (1)</p>	
<p align="center"><b>Semester 7 (12 credits)</b></p> <p>8 weeks          ATHT 518 Scientific Inquiry I (1.5)          ATHT 520 Clinical Rotation II: Messiah/HS/College (1.5)          ATHT 522 Therapeutic Interventions (1.5)          ATHT 524 Evaluation of the Upper Extremity (1.5)</p> <p>8 weeks          ATHT 518 Scientific Inquiry I (1.5)          ATHT 520 Clinical Rotation II: Messiah Athletics (1.5)          ATHT 522 Therapeutic Interventions (1.5)          ATHT 526 Assessment of the Lower Extremity (1.5)</p>	<p align="center"><b>Semester 8 (14 credits)</b></p> <p>ATHT 545 Kinesiology with lab (2) (J-term)</p> <p>8 weeks          ATHT 528 Scientific Inquiry II (1.5)          ATHT 530 Clinical Rotation III (1.5)          ATHT 534 Evaluation of the Spine (1.5)          ATHT 537 General Medical/Pharmacology Topics (1.5)</p> <p>8 weeks          ATHT 528 Scientific Inquiry II (1.5)          ATHT 540 Clinical Rotation IV (1.5)          ATHT 543 Eating for Recovery and Performance (1.5)          ATHT 547 Head Injury in Sport (1.5)</p>
<p align="center"><b>Summer between semester 8 and 9 (3 credits)</b></p> <p align="center">ATHT 555 Gross Human Anatomy (3)</p>	
<p align="center"><b>Semester 9 (12 credits)</b></p> <p>8 weeks          ATHT 624 Case Review I Upper Extremity (1.5)          ATHT 626 Case Review II Lower Extremity (1.5)          ATHT 637 Behavioral Health (1.5)          ATHT 650 Clinical Rotation V (1.5)</p> <p>8 weeks          ATHT 624 Case Review I Upper Extremity (1.5)          ATHT 626 Case Review II Lower Extremity (1.5)          ATHT 647 Human Performance Training (1.5)          ATHT 650 Clinical Rotation V (1.5)</p>	<p align="center"><b>Semester 10 (11.5 credits)</b></p> <p>8 weeks          ATHT 634 Case Review III Spine (3)          ATHT 653 Administration &amp; Liability (1.5)          ATHT 657 Epidemiology &amp; Public Health (1.5)</p> <p>8 weeks          ATHT 660 Clinical VI Immersive (4)          ATHT 695 Graduate Capstone (1.5) (online)</p>

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

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
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 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
Varies	1 <sup>st</sup> language*	3	PSYC 101	Introduction to Psychology	3
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>		<b>16</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
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 <sup>st</sup> or 2 <sup>nd</sup> year)	3
MATH/CIS/STAT	Mathematical Science* (1 <sup>st</sup> year)	3	BIOL 189	Genetics for Health Profession	3
Varies	Literature* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	HIST	History* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
Varies	PSYC 209, HDFS 210, 311, 312 or GERO 251	3	Varies	Elective	3
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>16</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
APHS 271	Kinesiology	3	APHS xxx	APHS elective	3
IDNW xxx	Non-Western Studies* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	2-3	Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
NUTR 222	Nutrition Theory	3	Varies	Elective	3
APHS xxx	APHS Elective	3	Varies	Elective	3
Varies	Art, Music or Theatre meeting QuEST	3	Varies	Elective	3
<b>TOTAL</b>		<b>14-15</b>	<b>TOTAL</b>		<b>15</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
IDS xxx	Ethics/Pluralism/World Views* (3 <sup>rd</sup> - 4 <sup>th</sup> 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 <sup>st</sup> or 2 <sup>nd</sup> year)	3
Varies	Elective	3	Varies	Elective	3
THEO 2xx	Christian Beliefs* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3	Varies	Elective	3
<b>TOTAL</b>		<b>13-15</b>	<b>TOTAL</b>		<b>15</b>

\*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

Note: This major open only to students already accepted by Thomas Jefferson

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
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 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
PSYC 101	Introduction to Psychology	3	COMM 105	Oral Communication*	3
Varies	1 <sup>st</sup> language*	3	PSYC 209	Life Span Development	3
		<b>TOTAL</b>			<b>15</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
APHS 215	Chronic Disease and Exercise	3	BIBL 20X	Knowledge of the Bible* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
STAT 269	Statistics*	3	HIST	History* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
SOCI 101	Principles of Sociology*	3	Varies	Art, Music or Theatre* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
CHEM 103	Chemical Science*	4	PSYC 319	Abnormal Psychology	3
IDNW xxx	Non-Western Studies* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	2-3	BIOL 189	Genetics for Health Professions	3
WELL 1xx	Wellness* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	1	SOAN 212	Cultural Anthropology	3
		<b>TOTAL</b>			<b>16</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
NUTR 222	Nutrition Theory	3	THEO 2XX	Christian Beliefs* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
APHS 301	Exercise Physiology	4	APHS 325	Applied Human Physiology	3
ENGL 1xx	Literature* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	APHS 412	Senior Seminar	3
RELI/PHIL	Religion/Philosophy* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	Varies	Ethics/Pluralism/World Views* (3 <sup>rd</sup> - 4 <sup>th</sup> yr)	3
Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> yr)	3	APHS 360	Exercise Testing and Prescription	3
		<b>TOTAL</b>			<b>16</b>
<b>Senior Fall @ TJU</b>			<b>Senior Spring @ TJU</b>		
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			
		<b>TOTAL</b>			<b>17</b>
					<b>TOTAL</b>
					<b>8</b>

\*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.
- Thomas Jefferson **will accept** CLEP and AP credits with the exception of Anatomy and Physiology.
- Thomas Jefferson **will NOT accept** transfer credits from other institutions.
- 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
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
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 <sup>st</sup> or 2 <sup>nd</sup> year)	3-4
Varies	1 <sup>st</sup> language*	3	Varies	2 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>		<b>15-16</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
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 <sup>st</sup> or 2 <sup>nd</sup> year)	3
CHEM 105	General Chemistry I	4	CHEM 106	General Chemistry II	4
ENGL xxx	Literature* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	HIST 1xx	History* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
Varies	Elective	3	Varies	Non-Western Studies* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>17</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
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 <sup>st</sup> or 2 <sup>nd</sup> year)	3	Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
PHYS 201	Physics I	4	THEO 2xx	Christian Beliefs* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
<b>TOTAL</b>		<b>17</b>	<b>TOTAL</b>		<b>16</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
IDS xxx	Ethics/Pluralism/World Views* (3 <sup>rd</sup> - 4 <sup>th</sup> 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 <sup>st</sup> or 2 <sup>nd</sup> year)	3
Varies	APHS/ATED/HPED elective**	3	Varies	APHS/ATED/HPED elective**	3
<b>TOTAL</b>		<b>13</b>	<b>TOTAL</b>		<b>13</b>

\*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
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
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 <sup>st</sup> language*	3	Varies	2 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>16</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
APHS 215	Chronic Disease and Exercise	3	BIBL 20x	Knowledge of the Bible* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
BIOL 382	Microbiology for Health Professions	4	HIST 1xx	History* (1 <sup>st</sup> or 2 <sup>nd</sup> 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 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
			PSYC 101	Introduction to Psychology	3
<b>TOTAL</b>		<b>14-15</b>	<b>TOTAL</b>		<b>17</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
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 <sup>st</sup> or 2 <sup>nd</sup> year)	3	Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
ENGL xxx	Literature* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	Varies	APHS/ATED/HPED elective	3
PHYS 201	Physics	4	RELI/PHIL	Religion/Philosophy* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>16</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
IDS xxx	Ethics/Pluralism/World Views* (3 <sup>rd</sup> - 4 <sup>th</sup> yr)	3	APHS 412	Senior Seminar	3
THEO 2xx	Christian Beliefs* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3	Varies	Electives or Internship	3
Varies	APHS/ATED/HPED elective	3	Varies	Electives	3
BIOL 386	Human Anatomy	4	Varies	Electives	3
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>12</b>

\*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.



## Health & Physical Education (B.A.) 8 Semester Plan

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
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 <sup>st</sup> Semester of Language*	3	WELL 1xx	Wellness course option	1
			HPED 236	Med. Aspects of Sport	2
	<b>TOTAL</b>	<b>16</b>		<b>TOTAL</b>	<b>16</b>
<i>Take PAPA Exam unless exempt by SAT/ACT Score</i>			<i>March 31<sup>st</sup> – Submit clearances to TEP Office in Boyer 414</i>		
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
BIOL 258	Human Biology*	4	EDUC 203 <sup>†</sup>	Educational Psychology*	3
HDFS 210	Child Development	3	EDSP 207 <sup>†</sup>	Intro. to Special Education	3
Varies	QuEST 3 <sup>rd</sup> Semester of Language*	3	TEP 210 <sup>†</sup>	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 1xx	Wellness course option	1	HPED 229	Motor Learning	3
WELL 1xx	Wellness course option	1	APHS 271	Kinesiology	3
	<b>TOTAL</b>	<b>17</b>		<b>TOTAL</b>	<b>18</b>
<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 1<sup>st</sup>-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>					
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
TEP 310 <sup>†</sup>	Field Experience (Must meet TEP admission requirements)	0	EDUC 308	Instr & Assessment w/Eng Lang	3
EDSP 307 <sup>†</sup>	Inclusion Practices	3	APHS 201	Principles of Exercise Science* (STW)	3
EDUC 331 <sup>†</sup>	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 <sup>+</sup>	Physical Education Instruction Elem (J-term)	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
<i>Nov 1<sup>st</sup> – Application for Professional Semester due</i>					
	<b>TOTAL</b>	<b>16</b>		<b>TOTAL</b>	<b>45</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
HPED 312	P.E. Instr. Secondary	3	EDUC 420 <sup>†</sup>	Prof Issues in Educ (J-term)	2
Varies	QuEST Arts/Music/Theater*	3	TEP 431 <sup>†</sup>	Student Teaching HPE – K-12	9
THEO xxx	QuEST Christian Beliefs*	3	TEP 411 <sup>†</sup>	Pre-student Teaching Exp.: HPE	0
Varies	QuEST Non-Western Studies*	2-3	TEP 407 <sup>†</sup>	Student Teaching Seminar	1
HDFS 311	Adolescent Development	3			
	First Aid/CPR Competency	0			
<i>Take Praxis fall or early spring</i>					
<b>Total</b>		<b>14-15</b>		<b>TOTAL</b>	<b>12</b>

\*QuEST requirement; <sup>†</sup>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 2022)**  
**8 Semester Plan**

Graduating May 2022, Rev. 1/2018

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
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 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
Varies	1 <sup>st</sup> 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			
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>16</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
BIOL 185	Anatomy and Physiology**	4	BIBL 20x	Knowledge of the Bible* (2 <sup>nd</sup> -4 <sup>th</sup> 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 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>14</b>	<b>TOTAL</b>		<b>16</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
BIOL 382	Microbiology	4	NUTR 331	Advanced Food Science & Technology	3
Varies	Non-Western Studies* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	2-3	NUTR 352	Community Nutrition	3
NUTR 322	Nutrition through the Life Cycle	3	PHIL/RELI xxx	Philosophy/Religion* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
NUTR 341	Food Service	4	THEO 2XX	Christian Beliefs* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
Varies	Elective	3	Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
<b>TOTAL</b>		<b>16-17</b>	<b>TOTAL</b>		<b>15</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
Varies	Ethics/Pluralism/World Views* (3 <sup>rd</sup> /4 <sup>th</sup> 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 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>14</b>	<b>TOTAL</b>		<b>15</b>

\*QuEST requirement

\*\*Students may substitute BIOL 160, 166, and 385 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

**Nutrition and Dietetics (B.S.) (for students graduating May 2023)**  
**8 Semester Plan**

Graduating May 2023, Rev. 1/2018

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
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 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
Varies	1 <sup>st</sup> 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			
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>16</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
BIOL 185	Anatomy and Physiology	4	BIBL 20x	Knowledge of the Bible* (2 <sup>nd</sup> -4 <sup>th</sup> 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 <sup>st</sup> or 2 <sup>nd</sup> year)	3	Varies	Literature meeting QuEST* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>		<b>16</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
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 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
Varies	Elective	3	Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
			Varies	Elective	3
<b>TOTAL</b>		<b>13</b>	<b>TOTAL</b>		<b>15</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
BIOL 382	Microbiology	4	Varies	Ethics/Pluralism/World Views* (3 <sup>rd</sup> /4 <sup>th</sup> yr)	3
NUTR 341	Food Service	4	Varies	Non-Western Studies* (2 <sup>nd</sup> or 3 <sup>rd</sup> 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	Arts* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>		<b>14-15</b>

\*QuEST requirement,

\*\* Students may substitute BIOL 160, 166, and 385 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204

**Sport Management (B.A.) (students entering Fall 2020)  
8 Semester Plan – for starting Even Year**

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
COMM 105	Oral Communication*	3	Varies	1 <sup>st</sup> language*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
MATH/CIS/STAT	Mathematical Science* (1 <sup>st</sup> year)	3	HIST 1xx	History* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
PSYC 101	Introduction to Psychology*	3	Varies	Art/Music/Theatre* (1 <sup>st</sup> or 2 <sup>nd</sup> 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
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>17</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
Varies	2 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> 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 <sup>nd</sup> or 3 <sup>rd</sup> year)	2-3
Varies	Elective	3	Varies	Elective	3
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>14-15</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
BIBL 20X	Knowledge of the Bible* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
THEO 2XX	Christian Beliefs* (2 <sup>nd</sup> or 3 <sup>rd</sup> 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
<b>TOTAL</b>		<b>15</b>	<b>TOTAL</b>		<b>14</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
PHIL/RELI xxx	Philosophy/Religion* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	SPMT 411	Senior Seminar	3
ENGL 1xx	Literature* (1 <sup>st</sup> or 2 <sup>nd</sup> 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
<b>TOTAL</b>		<b>16</b>	<b>TOTAL</b>		<b>15</b>

\*QuEST requirement

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

## Sport Management (B.A.) (students entering Fall 2019)

### 8 Semester Plan – for starting Odd Years

Course #	Course name	Credits	Course #	Course name	Credits
<b>First Year – Fall</b>			<b>First Year – Spring</b>		
COMM 105	Oral Communication*	3	Varies	1 <sup>st</sup> language*	3
IDFY 101	First Year Seminar*	3	IDCR 151	Created and Called for Community*	3
MATH/CIS/STAT	Mathematical Science* (1 <sup>st</sup> year)	3	HIST xxx	History* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3
PSYC 101	Introduction to Psychology*	3	Varies	Art/Music/Theatre* (1 <sup>st</sup> or 2 <sup>nd</sup> 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
		<b>TOTAL</b>			<b>TOTAL</b>
		<b>16</b>			<b>17</b>
<b>Sophomore – Fall</b>			<b>Sophomore – Spring</b>		
Varies	2 <sup>nd</sup> language* (1 <sup>st</sup> or 2 <sup>nd</sup> 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 <sup>nd</sup> or 3 <sup>rd</sup> year)	2-3
Varies	Elective	3	Varies	Elective	3
		<b>TOTAL</b>			<b>TOTAL</b>
		<b>16</b>			<b>14-15</b>
<b>Junior – Fall</b>			<b>Junior – Spring</b>		
BIBL 20X	Knowledge of the Bible* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	Varies	3 <sup>rd</sup> language or Cross Cultural* (2 <sup>nd</sup> or 3 <sup>rd</sup> year)	3
THEO 2XX	Christian Beliefs* (2 <sup>nd</sup> or 3 <sup>rd</sup> 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
		<b>TOTAL</b>			<b>TOTAL</b>
		<b>15</b>			<b>15</b>
<b>Senior – Fall</b>			<b>Senior – Spring</b>		
PHIL/RELI xxx	Philosophy/Religion* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	SPMT 410	Topics in Sport Management	2
ENGL xxx	Literature* (1 <sup>st</sup> or 2 <sup>nd</sup> year)	3	SPMT 411	Senior Seminar	3
BUSA 381	Business Law I	3	INTE 391	Internship	6
Varies	Electives	4	Varies	Elective	6
		<b>TOTAL</b>			<b>TOTAL</b>
		<b>13</b>			<b>17</b>

\*QuEST requirement

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