

Applied Health Science - Exercise Science (QuEST) 2025-26			
Semester 1	Min	Max	
IDFY 101/102H	3	3	
APHS 170	2	2	
BIOL 185	4	4	
COMM 105	3	3	
Language 1	3	3	
Total	15	15	
Semester 2	Min	Max	
IDCR 151	3	3	
APHS 225 or STAT 269	3	3	
BIOL 186	4	4	
Language 2	3	3	
PSYC 101	3	3	
Total	16	16	
Semester 3	Min	Max	
APHS 215	3	3	
CHEM 103 or 105	4	4	
Math Science	3	5	
Literature	3	3	
PSYC 209, HDFS 210, 311, 312, or GERO 251	3	3	
Total	16	18	
Semester 4	Min	Max	
APHS 301	4	4	
Bible	3	3	
BIOL 189	3	3	
Language 3 or CC	3	3	
Free elective	3	3	
Total	16	16	
Semester 5	Min	Max	
APHS 271	3	3	
Nonwestern	2	3	
NUTR 222	3	3	
Major Selective	3	3	
Arts	3	3	
Free elective	3	3	
Total	17	18	
Semester 6	Min	Max	
APHS 360	3	3	
US or European History	3	3	
Free electives	9	9	
Total	15	15	
Semester 7	Min	Max	
Ethics, WV, Pluralism	3	3	
INTE 391	1	3	
Free electives	3	1	
Christian Beliefs	3	3	
Major Selective	3	3	
Total	13	13	
Semester 8	Min	Max	
APHS 325	3	3	
APHS 412	3	3	
Religion/Philosophy	3	3	
Free electives	6	3	
Total	15	12	

8-semester plans are a suggested course sequence to be used as a guideline for degree completion. Students should work carefully with academic advisors to build an individual plan, using the 8-semester plan as a tool along with the degree audit and semester course schedules. 8-semester plans do not guarantee course offerings or available seats.

Applied Health Science - Exercise Science (General Education) 2025-26			
For students matriculating beginning Fall 2024 and beyond			
Semester 1	Min	Max	
IDFY 101/102H	3	3	
ENGL 110/110H	3	3	
APHS 170	2	2	
BIOL 185	4	4	
Language 1	3	3	
Total	15	15	
Semester 2	Min	Max	
APHS 225 or STAT 269	3	3	
BIOL 186	4	4	
Language 2	3	3	
PSYC 101	3	3	
COMM 105	3	3	
Total	16	16	
Semester 3	Min	Max	
APHS 215	3	3	
CHEM 103 or 105	4	4	
Math Science	3	5	
Arts or Lit	3	3	
PSYC 209, HDFS 210, 311, 312, or GERO 251	3	3	
Total	16	18	
Semester 4	Min	Max	
APHS 301	4	4	
Bible	3	3	
BIOL 189	3	3	
Intercultural Global	3	3	
Free elective	3	3	
Total	16	16	
Semester 5	Min	Max	
APHS 271	3	3	
Intercultural US	2	3	
NUTR 222	3	3	
Major Selective	3	3	
Free Elective	3	3	
Total	14	15	
Semester 6	Min	Max	
APHS 360	3	3	
24GE History	3	3	
Free electives	9	7	
Total	15	13	
Semester 7	Min	Max	
Ethics and Common Good	3	3	
INTE 391	1	3	
Free electives	6	6	
Major Selective	3	3	
Christian Beliefs	3	3	
Total	16	18	
Semester 8	Min	Max	
APHS 325	3	3	
APHS 412	3	3	
Religion/Philosophy	3	3	
Free electives	6	3	
Total	15	12	

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