

Applied Health Science - Exercise Science (QuEST) 2024-25

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 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 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 7	Min	Max
Ethics, WV, Pluralism	3	3
INTE 391	1	3
Free electives	6	4
Christian Beliefs	3	3
Total	13	13

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 4	Min	Max
APHS 301	4	4
Bible	3	3
BIOL 189	3	3
History	3	3
Free elective	3	3
Total	16	16

Semester 6	Min	Max
Major selective	3	3
Language 3 or CC	3	3
Free electives	9	9
Total	15	15

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) 2024-25

For students matriculating beginning Fall 2024

Semester 1	Min	Max
IDFY 101/102H	3	3
ENGL 110/110H (or spring)	3	3
APHS 170	2	2
BIOL 185	4	4
Language 1	3	3
Total	15	15

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 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 7	Min	Max
Ethics and Common Good	3	3
INTE 391	1	3
Free electives	9	9
Christian Beliefs	3	3
Total	16	18

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 4	Min	Max
APHS 301	4	4
Bible	3	3
BIOL 189	3	3
History	3	3
Free elective	3	3
Total	16	16

Semester 6	Min	Max
Major selective	3	3
Intercultural Global	3	3
Free electives	9	6
Total	15	12

Semester 8	Min	Max
APHS 325	3	3
APHS 412	3	3
Religion/Philosophy	3	3
Free electives	6	4
Total	15	13

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.