



MOUNT ST. JOSEPH
UNIVERSITY

Health and Exercise Science – 3+2 Athletic Training Major – Bachelor of Science

FIRST YEAR-SEMESTER #1		FIRST YEAR- SEMESTER #2		UNIVERSITY CORE	
BIO 197 Human A&P I	4	BIO 198 Human A&P II	4	COMMON GOOD	
BIO 197A Human A&P I Lab	0	BIO 198A Human A&P II Lab	0	CORE 115 Common Ground	Code COR
HES 120 Int. Health & Sci Ex I	3	HES 125 Int. Health & Sci Ex II	3	Justice & the Common Good	Code JCG
SOC 103 Our Social World	3	PSY 103 Intro to Psychology	3	Ethics	Code CE
CORE 115 Common Ground	3	COM 100/ENG 101	3	Experiential Learning	Code EXP
COM 100/ENG 101	3	CORE requirement	3	Core Capstone	Code CCP
SECOND YEAR-SEMESTER #1		SECOND YEAR-SEMESTER #2		HUMANITIES	
BIO 111 Principles of Biology I	4	CHE 111 General Chemistry I	3	Speech (COM 100)	Code C
BIO 111A Principles of Bio I Lab	0	CHE 111A General Chem I Lab	1	Writing (ENG 101)	Code C
BIO 111R Prin. of Bio Recitation	0	CHE 111R Gen. Chem I Recitation	0	Literature (ENG)	Code CL
BIO 130 Medical Terminology	2	HES 226 Human Nutrition	3	Art or Music	Code CAM
MTH 174 Statistics	3	ESC 201 Function Kines & Assess	2	History	Code CH
CORE requirement	3	ESC 201A Function Kines Lab	0	Religious Studies	Code CR
CORE requirement	3	MTH 187 Precalculus & Trig.	4	Philosophy	Code CP
THIRD YEAR-SEMESTER #1		THIRD YEAR-SEMESTER #2		SCIENCES	
ESC 303 Exercise Physiology	4	ESC 323 Prin of Health Assess	4	Biology/Chemistry/Physics + Lab	Code CN
ESC 303A Exercise Phys Lab	0	ESC 323A Prin of Health Lab	0	Mathematics	Code CMA
HES 332 Epidemiology of Phys	3	ESC 311 Biomechanical Analysis	3	SOC 103 Our Social World	Code CS
PHY 201 General Physics I	3	HES 327 Physiological Adapt	3	Choose one discipline:	
PHY 201A General Physics I Lab	1	CORE requirement	3	ECO 212 Microeconomics	Code CEP
CORE requirement	3	CORE Capstone	3	PSY 103 Psychology	Code CEP
CORE requirement	3			NOTES	
FOURTH YEAR-SEMESTER #1		FOURTH YEAR-SEMESTER #2		^Prerequisites:	
Admissions to AT Program		Elective	3	Chemistry- College preparatory high school chemistry or the successful completion of a placement test.	
Elective	3	Elective	3	Math- Three years of college preparatory high school mathematics including functions.	
Elective	3	Elective	3	120 credit hours minimum needed to graduate	
Elective	3	Elective	3	***Curriculum Guide does not replace required advisement by a faculty member within the HES program***	
Elective	3				