## First Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall</th>
<th>Credit</th>
<th>Winter</th>
<th>Credit</th>
<th>Spring</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman Inquiry</td>
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<td>Freshman Inquiry</td>
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<tr>
<td>PHE 250</td>
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<td>BA course(^2)</td>
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<td>PHE 270</td>
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<tr>
<td>BS Science + lab(^2)</td>
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<td></td>
<td>Biology Science + lab(^2)</td>
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<td>Biology Science + lab(^3)</td>
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<tr>
<td>PE activity course(^1)</td>
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<td>PE activity course(^1)</td>
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</table>

**Total Credits** 14

*Notes & Milestones*

- Begin volunteering and exploring potential internship ideas early on in your academic career.
- May be taken in any order. Recommended activity courses are Weight Training, Fitness Conditioning, Beginning Fitness, Sports Conditioning, or Weight Loss Bootcamp.
- BA 306,316,326,336 or 346 recommended. Discuss w/advisor.
- Required prerequisite: 1 year of college Biological Science. A previous course in Chemistry is recommended if taking BI 211-216. We will accept also a 200 level Anatomy and Physiology series from a Community College.

## Second Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall</th>
<th>Credit</th>
<th>Winter</th>
<th>Credit</th>
<th>Spring</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sophomore Inquiry</td>
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<td>Sophomore Inquiry</td>
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<td>Sophomore Inquiry</td>
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<tr>
<td>BI 301+lab(^1)</td>
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<td>BI 302+lab(^1)</td>
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<td>PHE 325</td>
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<tr>
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<td>BS Arts &amp; Letters/ Social Science</td>
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<td>PHE 314</td>
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<tr>
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<td>General Elective</td>
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<td>BS Arts &amp; Letters/ Social Science</td>
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</tbody>
</table>

**Total Credits** 14

*Notes & Milestones*

- Required prerequisite: 1 year of college Biological Science. A previous course in Chemistry is recommended if taking BI 211-216. We will accept also a 200 level Anatomy and Physiology series from a Community College.
- May complete required PE courses in any order.

## Third Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall</th>
<th>Credit</th>
<th>Winter</th>
<th>Credit</th>
<th>Spring</th>
<th>Credit</th>
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</thead>
<tbody>
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<td>PHE 474</td>
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<td>General Elective</td>
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<td>PHE 421</td>
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<td>PHE 475</td>
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**Total Credits** 16

*Notes & Milestones*

- We highly recommend using General Electives towards a minor or prerequisite course that you may need to complete.

## Fourth Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall</th>
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<th>Credit</th>
<th>Spring</th>
<th>Credit</th>
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</thead>
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<td>General Elective</td>
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</tr>
</tbody>
</table>

**Total Credits** 14

*Notes & Milestones*

- Special registration is required for PHE 404 Internship. Internship must be approved before registering for credits.