## First Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Fall Credit</th>
<th>Winter Credit</th>
<th>Spring Credit</th>
<th>Notes &amp; Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman Inquiry</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>Begin volunteering and exploring potential internship ideas early on in your academic career.</td>
</tr>
<tr>
<td>PHE 250</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>May be taken in any order. Recommended activity courses are Weight Training, Fitness Conditioning, Beginning Fitness, Sports Conditioning, or Weight Loss Bootcamp.</td>
</tr>
<tr>
<td>BS Science + lab²</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>²BA 306,316,326,336 or 346 recommended. Discuss with advisor.</td>
</tr>
<tr>
<td>PE activity course¹</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>¹May complete required PE courses in any order.</td>
</tr>
<tr>
<td>Total Credits</td>
<td>14</td>
<td>14</td>
<td>12</td>
<td></td>
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</tbody>
</table>

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Sophomore Inquiry</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>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.</td>
</tr>
<tr>
<td>BI 301+lab¹</td>
<td>4</td>
<td>4</td>
<td>4</td>
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</tr>
<tr>
<td>BS Arts &amp; Letters/Social Science</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>PE 194²</td>
<td>1</td>
<td>4</td>
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<tr>
<td>Total Credits</td>
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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Upper Division Cluster</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>*We highly recommend using General Electives towards a minor or prerequisite course that you may need to complete.</td>
</tr>
<tr>
<td>PHE 363</td>
<td>4</td>
<td>4</td>
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<tr>
<td>PHE 361</td>
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<td>4</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>BS Math/Statistics</td>
<td>4</td>
<td>4</td>
<td>4</td>
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<tr>
<td>Total Credits</td>
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## Fourth Year

<table>
<thead>
<tr>
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<th>Spring Credit</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Senior Capstone</td>
<td>6</td>
<td>4</td>
<td>4</td>
<td>Special registration is required for PHE 404 Internship. Internship must be approved before registering for credits.</td>
</tr>
<tr>
<td>PHE 370</td>
<td>4</td>
<td>4</td>
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</tr>
<tr>
<td>General Elective</td>
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<td>4</td>
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</tr>
<tr>
<td>Total Credits</td>
<td>14</td>
<td>16</td>
<td>16</td>
<td></td>
</tr>
</tbody>
</table>