

First Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Freshman Inquiry	5	Freshman Inquiry	5	Freshman Inquiry	5	*Begin volunteering and exploring potential internship ideas early on in your academic career. ¹ May complete required PE courses in any order. Recommended courses are Weight Training, Fitness Conditioning, Beginning Fitness, Sports Conditioning, or Weight Loss Bootcamp ² BA 306,316,326,336 or 346 recommended, but should discuss with advisor
PHE 250	4	BA course ²	4	PHE 270	2	
BA Second Language 101	4	BA Second Language 102	4	BA Second Language 103	4	
PE activity course ¹	1	PE activity course ¹	1	PE activity course ¹	1	
Total Credits	14	Total Credits	14	Total Credits	12	

Second Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Sophomore Inquiry	4	Sophomore Inquiry	4	Sophomore Inquiry	4	¹ 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. ² May complete required PE courses in any order
BI 301+lab ¹	4	BI 302+lab ¹	4	PHE 325	4	
BA Second Language 201	4	BA Second Language 202	4	PHE 314	4	
PE 194 ²	1	BA Fine & Performing Arts	4	BA Second Language 203	4	
Total Credits	14	Total Credits	16	Total Credits	16	

Third Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Upper Division Cluster	4	Upper Division Cluster	4	Upper Division Cluster	4	*We highly recommend using General Electives towards a minor or prerequisite course that you may need to complete.
PHE 363	4	PHE 473	4	PHE 474	4	
PHE 361	4	PHE Approved Elective	4	General Elective	4	
BA Social Science/ Science/Math	4	PHE 421	4	PHE 475	4	
Total Credits	16	Total Credits	16	Total Credits	16	

Fourth Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Senior Capstone	6	PHE 404 ¹	4	PHE Approved Elective	4	¹ Special registration is required for PHE 404 Internship. Internship must be approved before registering for credits.
PHE 370	4	PHE 456	4	General Elective	4	
General Elective	4	General Elective	4	General Elective	4	
		General Elective	4	General Elective	4	
Total Credits	14	Total Credits	16	Total Credits	16	

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Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Freshman Inquiry	5	Freshman Inquiry	5	Freshman Inquiry	5	*Begin volunteering and exploring potential internship ideas early on in your academic career. ¹ May complete required PE courses in any order. Recommended courses include Gentle Yoga, Gentle Tai Chi and Aqua Fitness
PHE 250	4	PHE 295	4	PHE 270	2	
BA Second Language 101	4	BA Second Language 102	4	BA Second Language 103	4	
PE activity course ¹	1	PE activity course ¹	1	PE 193 ¹	2	
Total Credits	14	Total Credits	14	Total Credits	13	

Second Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Sophomore Inquiry	4	Sophomore Inquiry	4	Sophomore Inquiry	4	¹ 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.
BI 301+lab ¹	4	BI 302+lab ¹	4	PHE 325	4	
BA Second Language 201	4	BA Second Language 202	4	PHE 314	4	
General Elective	1	BA Fine & Performing Arts	4	BA Second Language 203	4	
Total Credits	13	Total Credits	16	Total Credits	16	

Third Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Upper Division Cluster	4	Upper Division Cluster	4	Upper Division Cluster	4	*We highly recommend using General Electives towards a minor or prerequisite course that you may need to complete.
PHE 363	4	PHE 473	4	PHE 474	4	
PHE 361	4	PHE Approved Elective	4	PHE Approved Elective	4	
BA Social Science/ Science/Math	4	PHE 340	4	PHE 475	4	
Total Credits	16	Total Credits	16	Total Credits	16	

Fourth Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Senior Capstone	6	PHE 404 ¹	4	PHE 456	4	¹ Special registration is required for PHE 404 Internship. Internship must be approved before registering for credits.
PHE 370	4	PHE 417	4	General Elective	4	
General Elective	4	General Elective	4	General Elective	4	
		General Elective	4	General Elective	4	
Total Credits	14	Total Credits	16	Total Credits	16	

First Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Freshman Inquiry	5	Freshman Inquiry	5	Freshman Inquiry	5	*Begin volunteering and exploring potential internship ideas early on in your academic career.
PHE 250	4	PHE 295	4	PHE 270	2	
BA Second Language 101	4	BA Second Language 102	4	BA Second Language 103	4	
				PHE 275	4	
Total Credits	13	Total Credits	13	Total Credits	15	

Second Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Sophomore Inquiry	4	Sophomore Inquiry	4	Sophomore Inquiry	4	¹ 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.
BI 301+lab ¹	4	BI 302+lab ¹	4	PHE 325	4	
BA Second Language 201	4	BA Second Language 202	4	PHE 314	4	
BA Fine & Performing Arts	4	General Elective	4	BA Second Language 203	4	
Total Credits	16	Total Credits	16	Total Credits	16	

Third Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Upper Division Cluster	4	Upper Division Cluster	4	Upper Division Cluster	4	*We highly recommend using General Electives towards a minor or prerequisite course that you may need to complete.
PHE 363	4	PHE 473	4	PHE 474	4	
PHE 361	4	General Elective	4	PHE Approved Elective	4	
BA Social Science/ Science/Math	4	COMM 218	4	PHE 475	4	
Total Credits	16	Total Credits	16	Total Credits	16	

Fourth Year

Fall		Winter		Spring		Notes & Milestones
Course	Credit	Course	Credit	Course	Credit	
Senior Capstone	6	PHE 404 ¹	4	PHE 421	4	¹ Special registration is required for PHE 404 Internship. Internship must be approved before registering for credits.
PHE 370	4	PHE Approved Elective	4	General Elective	4	
PHE 466	4	General Elective	4	General Elective	4	
		General Elective	4	General Elective	1	
Total Credits	14	Total Credits	16	Total Credits	13	