## FINISH IN FOUR DEGREE PLAN B.S. in HEALTH SCIENCES, Health & Wellness Coaching

## Starting in Odd Fall

<u>Note</u>: This plan represents the requirements for completion of this major in four years. You will need to add into your plan graduation standards and core curriculum requirements from the reverse side. For specific course offerings for each semester, view "Search for Sections" online in Web Services on the NVU Portal. Your Program Evaluation in the portal is your guide to track your progress. Be sure to consult regularly over time with your advisor to explore your best options and opportunities.

	FIRS	ΓΥΕΑ	AR		
Fall Semester CREDITS			Spring Semester		EDITS
AHS 1010	Contemporary Health Issues (fall)	3	BIO 1210	Intro. to Biology	4
PSY 1010	Introduction to Psychology	3	SOC 1010	Introduction to Sociology	3
ENV 2270	SKILLS Seminar	1	ENV 2270	SKILLS Seminar	1
ENV 2210	Current Topics in Science (fall only)	1			
	Total Credits	15		Total Credits	15
			A D	Total Credits	15
SECON Fall Semester CREDITS		ND YE	Spring Sen	nester CRI	EDITS
CHE 1055	General, Organic & Biochemistry	4	AHS 2xxx	Physical Activity in Health and	3
CHE 1000	General, Organic & Diochemistry	4	ANS ZXXX	Disease	3
BIO 2011	Human Anatomy and Physiology I (fall only)	4	BIO 2012	Human Anatomy and Physiology II	4
	Tramair/viatomy and r mysiology r (iaii omy)	-	DIO 2012	(spring)	_
AHS 2xxx	Intro to Wellness Coaching	3	AHS 2xxx	Introduction to Food Science	3
			AHS 2xxx	Fundamentals of Nutrition	3
	**Writing Proficiency Exam				
	Total Credits	15		Total Credits	15
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Fall Semester CREDITS			Spring Ser		EDITS
ENV 2210	Current Topics in Science (fall only)	1	3/4000	Health and Wellness Coaching Elective	3
BIO 3180	Nutrition in Health and Disease Prevention (fall only)	3	AHS 1340	First Aid & CPR (fall only)	1
	Total Credits	15		Total Credits	15
	FOUR	TH YE			
	Semester CREDITS		Spring Sen		EDITS
AHS 4810 <i>or</i> AHS 4911	Internship in Health Science <i>or</i> Senior Research	3	AHS 4110	Psychophysiology of Stress (spring only)	3
3/4000	Health and Wellness Coaching Elective	3	AHS 4025	Health Behavior in (spring only)	3
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	Total Credits	15			
				Total Credits	15

CREDIT TOTAL 120