ACADEMIC MAP TO BACHELOR OF SCIENCE (B.S.) IN HEALTH & EXERCISE SCIENCE CONCENTRATION: PRE- ATHLETIC TRAINING (377B)

2026-2027

NORTHWESTERN STATE UNIVERSITY OF LOUISIANA

nsula.edu/hhp

START HERE

YEAR 1

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
ENGL 1010: Composition and Rhetoric I			3	C
MATH 1020: College Algebra			3	C
Choose 1 History course from: HIST 1010, HIST1020, HIST 2010, HIST 2020			3	C
HP 2000: Introduction to Health & Human Performance			3	C
PSYC 2050: Developmental Psychology or PSYC 1010: General Psychology)			3	C
UNIV 1000: The University Experience			1	C

Semester Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
ENGL 1020: Composition and Rhetoric II			3	C
HED 1010: First Aid & CPR			3	C
MATH 1090: Trigonometry			3	C
BIO 1010: Biological Principles I			3	C
BIOL 1011: Biological Principles I lab			1	C
BIO 1060: Medical Terminology			3	C

Semester Credits _____

Total Credits _____

YEAR 2

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
BIOL 2250: A&P I Nursing/Allied Health			3	C
BIOL 2251: A&P I Nursing/Allied Health Lab			1	C
ENGL 2110: Introduction to Literature			3	C
Social Science (Refer to University core requirement)			3	C
COMM 1010: Oral Communication			3	C
CHEM 1030: General Chemistry I			3	C
CHEM 1031: General Chemistry 1 Lab			1	C

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
BIOL 2260: A&P II Nursing/Allied Health			3	C
BIOL 2261: A&P II Nursing/Allied Health Lab			1	C
FA 1040: Exploring the Arts			3	C
HP 2630: Motor Learning & Development			3	C
HED 1090: Personal and Community Health			3	C
HED 2010: Prevention and Care of Athletic Injuries			3	C

It is recommended to begin working on Athletic Training observation hours during the summer following semester 4.

Semester Credits _____

Total Credits _____

YEAR 3

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
HP 3550: Applied Kinesiology & Biomechanics			3	C
ENGL 3210 Advanced Composition OR ENGL 3230: Technical Writing			3	C
PSYC 4450: Abnormal Psychology			3	C
PHYS 2030: General Physics I			3	C
PHYS 2031 – General Physics 1 Lab			1	C

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
HP 3560: Exercise Physiology			3	C
HED 4600: Drug and Alcohol Education*			3	C
HED 3000: Community Health Promotion			3	C
HED 3100: Optimal Nutrition and Performance**			3	C
HP 4660: Scientific Principles of Coaching S & C			3	C
Human Performance Activity Course			2	C

*HP 4660 is only offered during the spring semesters
**HED 3100 is only offered during the spring semesters

- *Apply to take GRE after semester 6. Begin ATCAS application during summer after semester*

Semester Credits _____

Total Credits _____

YEAR 4

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade
HP 4170: Exercise Testing & Prescription			3	C
HP 4180: Pre-Internship Seminar			1	C
HP 4500: Foundations of Health & PE Coaching*			3	C
Statistics (Choose 1): PSYC 4400 – Statistics for the Behavioral Science OR MATH 2050 – Math of Statistics			3	C
HED 4000: Health & Exercise Psychology			3	C
HP Activity Course			2	C

*HP 4500 is only offered during the fall semesters.

- *You must have a cumulative 2.5 GPA to be eligible for HP 4200 (Internship) in your final semester.*
- *You must complete 30 total observation hours for HP 4180. You cannot register for HP 4200 (internship) if you do not pass HP 4180.*
- *Apply for graduation by the end of semester 7.*

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade
HP 4200 – Internship in Health and Exercise Science			6	C
HED 4500 – Sexuality Education			3	C
Elective *LSU MAT Program requires BIOL 1020*			3	C

- *You must complete 250 hours for HP 4200*
- *You must have a minimum of 2.50 adjusted major GPA to qualify for graduation*

Semester Credits _____

Total Credits 122

YOU'VE FINISHED!

Required (by Athletic Training Programs)

Recommended (by Athletic Training Programs)

MILESTONE

Concentration Elective

GRADUATION REQUIREMENTS

Major/Concentration Requirements = 69, University Core/Support: 53, Total Credits = 122

Courses taken outside of a student's degree program are not eligible for Title IV federal financial aid (grants and loans). However, elective courses are eligible for Title IV aid if they are required and included in the student's program of study. Once a student has completed all required elective credits, any additional elective courses taken beyond the program's requirements will not be eligible for Title IV funding.

ACADEMIC MAP TO:

NORTHWESTERN STATE
UNIVERSITY OF LOUISIANA

START HERE

YEAR 1

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YEAR 2

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YEAR 3

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YEAR 4

SEMESTER 1	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

SEMESTER 2	Milestones	Grade	Credits	Minimum Grade

Semester Credits _____

Total Credits _____

YOU'VE FINISHED!

MILESTONE

Major Electives

Academic Electives

GRADUATION REQUIREMENTS

Major Requirements = ____ | University Core/Support = ____ | Total Credits = ____

Courses taken outside of a student's degree program are not eligible for Title IV federal financial aid (grants and loans). However, elective courses are eligible for Title IV aid if they are required and included in the student's program of study. Once a student has completed all required elective credits, any additional elective courses taken beyond the program's requirements will not be eligible for Title IV funding.