The following degree plan will meet the minimum requirements for the B.S. in Health Science at Southwestern College. The total number of hours required for graduation is 124. In addition, this plan will provide all of the courses needed for admission to most Master of Athletic Training programs.

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| Fall 2021 – 13 credits  (3) ENG 110 – College Writing 1  (4) BIOL 111 – Biology 11  (3) Gen Ed course  (3) Gen Ed course | Spring 2022 – 15 credits (3) ENG 120 – College Writing 2  (4) BIOL 112 – Biology 21  (3) MATH 110 – College Algebra2  (2) PESS 126 First Aid and Safety  (2) ATEP 230 Introduction to Athletic Training  (1) HSCI 100 - Intro to Health Science Careers |
| Fall 2022 – 16 credits (3) PSYC 112 – General Psychology  (4) CHEM 111 – General Chemistry 1  (3) ATEP 236 – Care & Prevention of  Athletic Injuries  (3) Gen Ed course  (3) Gen Ed course | Spring 2023 – 14 credits (4) CHEM 112 – General Chemistry 2  (3) MATH 215 – Introduction to Statistics3  (3) PESS 332 Kinesiology  (1) HSCI 200 – Medical Terminology  (3) Gen Ed course |
| Fall 2023 – 16 credits (4) PHYS 201 – College Physics 14 (3) PESS 323 – Exercise Physiology  (3) ATEP 332 – Musculoskeletal Assessment  (6) Electives | Spring 2024 – 16 credits (4) PHYS 202 – College Physics 24  (3) BIOL 331 – Principles of Nutrition  (3) ATEP 342 – Therapeutic Interventions  (3) General Ed course  (3) Electives |
| Fall 2024 – 17 credits (1) HSCI 461 – Health Science Seminar  (4) BIOL 241 – Human A and P 1  (12) Electives | Spring 2025 – 17 credits (5) BIOL 242 – Human A & P 2  (3) PREP 499 – Career Planning5  (9) Electives |

**Note: This is not a complete list as requirements can differ amongst Athletic Training Graduate Programs.** The B.S. Health Science degree requires the completion of six advanced science electives. The Pre-AT track specifies four of those courses. Pre-AT students would be best served by choosing among the following courses for their remaining courses: Intro to Sociology, or an upper level (300 level or higher) Psychology course.

1Biology 1 and 2 are considered the entry level courses for the health science program. It is recommended that you complete both of these courses prior to taking any higher level coursework.

2Due to the use of algebra in many science courses, we recommend that all science students take College Algebra. This course is offered every semester.

3Required for major. Can also be used to fulfill the campus mathematics graduation requirement. This course is offered every semester.

4Physics is available in two forms: College Physics (201 and 202) and General Physics (211 and 212). Either can be used to satisfy the requirements of the B.S. in Biology. General Physics is a 5-credit class which utilizes Calculus and requires prior completion of Calculus 1 (MATH 222).

5PREP 499 is not a traditional course. It awards graded credit based on the degree to which a student has worked with their advisor to advance their academic and professional goals during their time at Southwestern. Students enroll in this course during the last semester of their senior year.