

## **HHP Plan of Study for Freshman Starting at NSU**

### **Semester 4: Spring**

HED 2202 - Orientation to Health and Wellness

HED 2212 - First Aid/Responding to Emergencies

HED 2393 - Nutrition for Health/Sport

HED 2254 - Anatomy and Physiology\* (Pre-req for other major courses - pre-health students take anatomy and physiology separately with the science department)

Minor Hours: 3

Total Hours: 14

### **Semester 5: Fall**

HED 2413 - Exercise and Sport Pharmacology

HED 4383 - Care and Prevention of Athletic Injuries

HED 3313 - Psychosocial Aspects of Fitness and Wellness

Minor Hours: 3-6

Total Hours: 12-15

### **Semester 6: Spring**

HED 4353 - Community Health

HED 4333 - Physiology of Exercise - Pre-req: HED 2254

HED 4363 - Kinesiology - Pre-req: HED 2254

HED 4811, 4812, 4813 - Practicum/Internship

Minor Hours: 3

Total Hours: 15

## **HHP Plan of Study for Freshman Starting at NSU**

### **Semester 7: Fall - Clinical Health and Wellness Emphasis**

HED 4503 - Advanced Fitness Assessment - Pre/co-req: HED 4333

H ED 4613 - Biomechanics

H ED 4583 - Therapeutic Exercise Modalities

HED 4403 - Physiology of Aging

Minor Hours: 3            Total Hours: 15

### **Semester 8: Spring - Clinical Emphasis**

H ED 4563 - Advanced Exercise Prescription

H ED 4653 - Motor Control

H ED 4533 - Cardiopulmonary Rehabilitation

Minor Hours: 6 to complete Minor            Total Hours: 15

### **Semester 7: Fall - Exercise Science Emphasis**

HED 4503 - Advanced Fitness Assessment - Pre/co-req: HED 4333

H ED 4723 -Sport/ Fitness Facility Management

H ED 4563 - Advanced Exercise Prescription

HED 4403 - Physiology of Aging

Minor Hours: 3            Total Hours: 15

### **Semester 8: Spring - Exercise Science Emphasis**

H ED 4633 – Techniques in Strength Training

H ED 4623 – Principles of Strength and Conditioning

H ED 4213 - Ethical and Legal Issues in Sport/ Fitness

Minor Hours: 6- to complete Minor    Total Hours: 15