

**Online Plan of Study for**  
**Clinical Health and Wellness Emphasis**

**Semester 4: Spring**

HED 2202 - Orientation to Health and Wellness

HED 2213 - First Aid/Responding to Emergencies

HED 3313 - Psychosocial Aspects of Fitness and Wellness

Minor Hours: 6            Total Hours: 14

**Semester 5: Fall**

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

HED 2393 - Nutrition for Health/Sport

P ED 4811,4812,4813 - Practicum/Internship

Minor Hours: 3            Total Hours: 16

**Semester 6: Spring**

HED 4383 - Care and Prevention of Athletic Injuries

HED 4353 - Community Health

H ED 4583 - Therapeutic Exercise Modalities

HED 4363 - Kinesiology - Pre-req: HED 2254

Minor Hours: 3-6            Total Hours: 15-18

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**Semester 7: Fall**

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

HED 4403 - Physiology of Aging

H ED 4653 - Motor Control

HED 2413 - Exercise and Sport Pharmacology

Minor Hours: 3

Total Hours: 15

**Semester 8: Spring**

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

H ED 4563 - Advanced Exercise Prescription

H ED 4613 - Biomechanics

H ED 4533 - Cardiopulmonary Rehabilitation - Pre-reqs: HED 4333 & HED 4503

Minor Hours: 3-6 to complete Minor Total Hours: 15-18