



This graduation plan illustrates the type of curriculum a new student would take to complete a degree in four years. It is not meant to serve as an official document. Students should contact the School of Health Sciences and Wellness Student Success Center to develop a personalized plan of study. Refer to the University Catalog for a complete list of requirements: <https://catalog.uwsp.edu/>.

Semester 1	Credits	Semester 2	Credits
BIOL 101 General Biology (NS)	5	CHEM 101 or 105 General/Fundamental Chemistry (NS)	5
HSW 100 Student Success in Health Professions (elective)	1	HSW 101 Intro to Health and Wellness Careers	3
PSYC 110 Intro to Psychology (SS)	3	HSW 150 Health and Wellness Delivery Systems	3
HSW 104 Medical Terminology	3	HSW 110 Individualized Exercise Programming	1
ENGL 101 Academic Reading and Writing (WC)	3	FN 151 Contemporary Nutrition (WLN)	2
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>14</b>
Semester 3	Credits	Semester 4	Credits
HSW 205 Recognition & Prevention of Common Diseases	3	GEP Art (ART)	3
HD 265 Human Growth & Development <b>-OR-</b> PSYC 260 Developmental Psychology	3	SOC 101 Intro to Sociology <b>-OR-</b> FCS 166 (SS, USD)	3
HSW 290 Psychological Aspects of Health	3	ENGL 202 Academic Writing and Research (WC)	3
GEP Critical Thinking (CT)	3	HSW 301 Biostatistics (QL)	3
Elective	3	GEP Environmental Responsibility (consider HSW 320 or FN 357)	3
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>15</b>
Semester 5	Credits	Semester 6	Credits
BIOL 385 Human Physiology	4	BIOL 387 Human Anatomy ( <i>Sp</i> )	3
HSW 300 Programming, Promotion, & Advocacy	3	HSW 360 Evidence-based Research	3
HSW 304 Health and Wellness Coaching	3	HSW 310 Communication in Health Care	4
GEP Historical Perspectives (HP)	3	Elective	3
HSW 250 Wellness Retreat	1	Elective	3
Elective	1		
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>16</b>
Semester 7	Credits	Semester 8	Credits
HSW 385 Professionalism and Leadership	3	HSW 490 Health and Wellness Capstone	3
HSW 395 Epidemiology and Public Health	3	GEP Humanities (HU)	3
GEP Global Awareness (GA)	3	Elective	3
Elective	3	Elective	3
Elective	3	Elective	3
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>15</b>
			<b>Total credits 120</b>

Electives can be utilized to fulfill pre-professional pre-requisite courses for graduate programs, or to complete minors or certificates.

(Fa) = offered fall semesters (Sp) = offered spring semesters (Su) = offered only in summer

General Education Program (GEP) category abbreviations: Written Communication (WC), Critical Thinking (CT), Quantitative Literacy (QL), Wellness (WLN), Arts (ART), Humanities (HU), Social Sciences (SS), Natural Sciences (NS), Environmental Responsibility (ER), U.S. Diversity (US), Global Awareness (GA). Courses labeled respectively satisfy GEP requirements as well as satisfy requirements for the major.

Graduation: Must have at least 120 credits, which include the general requirements for your degree and the requirements for at least one major.



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<b>Semester 1</b>	<b>Credits</b>	<b>Semester 2</b>	<b>Credits</b>
BIOL 101 General Biology (NS)	5	CHEM 101 or 105 General/Fundamental Chemistry (NS)	5
ENGL 101 Academic Reading and Writing (WC)	3	GEP Critical Thinking (CT)	3
PSYC 110 Introduction to Psychology (SS)	3	HSW 101 Introduction to Health and Wellness Careers	3
HSW 104 Medical Terminology	3	HSW 110 Individualized Exercise Programming (WLN)	1
HSW 100 Student Success in Health Professions (elective)	1	SOC 101 Intro to Sociology <b>-OR-</b> FCS 166 (SS, USD)	3
<b>Total credits</b>	<b>15</b>	<b>Total credits</b>	<b>15</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
ENGL 202 Academic Writing and Research (WC)	3	BIOL 385 Human Physiology	4
HD 265 Human Growth & Development <b>-OR-</b> PSYC 260	3	FN 354 Introduction to Nutrition and Nutrient Metabolism	3
AT 181 Introduction to Athletic Training ( <i>Fa</i> )	1	HSW 150 Health and Wellness Delivery Systems	3
HSW 290 Psychological Aspects of Health	3	HSW 301 Biostatistics (QL)	3
HSW 205 Recognition & Prevention of Common Diseases	3	GEP Humanities (HU)	3
FN 151 Contemporary Nutrition (WLN)	2	<b>Total credits</b>	<b>16</b>
<b>Total credits</b>	<b>15</b>		
<b>Semester 5</b>	<b>Credits</b>	<b>Semester 6</b>	<b>Credits</b>
BIOL 287 Human Anatomy ( <i>Fa</i> )	4	Elective	3
HSW 300 Programming, Promotion & Advocacy	3	HSW 312 Exercise Physiology	3
HSW 304 Health and Wellness Coaching	3	HSW 375 Kinesiology	3
GEP Historical Perspective/Global Awareness (HP/GA)	3	HSW 310 Health Care Communication	3
GEP Art (ART)	3	HSW 250 Wellness Retreat	1
<b>Total credits</b>	<b>16</b>	<b>Total credits</b>	<b>13</b>
<b>Semester 7</b>	<b>Credits</b>	<b>Semester 8</b>	<b>Credits</b>
HSW 360 Evidence-Based Research	3	HSW 395 Epidemiology and Public Health	3
HSW 385 Professionalism and Leadership	3	HSW 490 Health and Wellness Capstone	3
GEP Environmental Responsibility (consider HSW 320 or FN 357)	3	Elective	3
PHYS 101 General Physics <b>-OR-</b> PHYS 203	5	Elective	3
Elective	1	Elective	3
<b>Total credits</b>	<b>15</b>	<b>Total credits</b>	<b>15</b>
		<b>Total credits</b>	<b>120</b>

(Fa) = offered fall semesters (Sp) = offered spring semesters (Su) = offered only in summer

General Education Program (GEP) category abbreviations: Arts (ART), Critical Thinking (CT), Environmental Responsibility (ER), Global Awareness (GA), Historical Perspectives (HP), Humanities (HU), Natural Sciences (NS), Quantitative Literacy (QL), Social Sciences (SS), U.S. Diversity (USD), Wellness (WLN), Written Communication (WC).

A complete list of academic policies, including admission and completion requirements, can be found online at <https://catalog.uwsp.edu/>.



This graduation plan illustrates the curriculum a new student would take for the accelerated 3 + 2 degree in Athletic Training. Students should contact The School of Health Sciences and Wellness Student Success Center to develop a personalized plan of study. Refer to the University Catalog for a complete list of requirements: <https://catalog.uwsp.edu/>.

**YEAR 1**

<b>Semester 1 - Fall</b>	<b>Credits</b>	<b>Semester 2 - Spring*</b>	<b>Credits</b>
BIOL 101 General Biology (NS)	5	CHEM 101 Basic Chemistry (NS)	5
ENGL 101 Academic Reading and Writing (WC)	3	SOC 101 Intro to Sociology (SS, USD)	3
AT 181 Introduction to Athletic Training (fall only)	1	PSYC 110 Intro to Psychology (SS)	3
HSW 104 Medical Terminology	3	HSW 150 Health and Wellness Delivery Systems	3
HSW 101 Intro to Health and Wellness Careers	3	HSW 205 Recognition & Prevention of Common Diseases	3
HSW 100 Student Success in Health Professions (elective)	1		
<i>Total credits</i>	<b>16</b>	<i>Total credits</i>	<b>17</b>

**YEAR 2**

<b>Semester 3 - Fall</b>	<b>Credits</b>	<b>Semester 4 - Spring</b>	<b>Credits</b>
ENGL 202 Academic Writing and Research (WC)	3	BIOL 385 Human Physiology	4
GEP Critical Thinking (CT)	3	HSW 290 Psychological Aspects of Health	3
BIOL 287 Essentials of Human Anatomy (fall only)	4	HSW 300 Programming, Promotion & Advocacy	3
HSW 301 Biostatistics (QL)	3	HSW 375 Kinesiology	3
HD 265 Human Growth & Development	3	GEP Art (ART)	3
-OR- PSYC 260 Developmental Psychology		HSW 110 Individualized Exercise Programming (WLN)	1
<i>Total credits</i>	<b>16</b>	<i>Total credits</i>	<b>17</b>

**YEAR 3**

**Summer Term:** HSW 385 – Professionalism and Leadership 3 cr.; GEP Humanities 3 cr.; GEP Environmental Responsibility 3cr.; **(9 credits)**

<b>Semester 5 - Fall**</b>	<b>Credits</b>	<b>Semester 6 - Spring</b>	<b>Credits</b>
HSW 310 Communication in Health Care	3	FN 354 Introduction to Nutrition and Nutrient Metabolism	3
HSW 312 Exercise Physiology	3	PHYS 101 General Physics -OR- PHYS 203	5
HSW 304 Health and Wellness Coaching	3	HSW 395 Epidemiology and Public Health	3
GEP Historical Perspectives (HP)	3	GEP Humanities (HU)	3
GEP Global Awareness (GA)	3	Elective	1
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>15</b>

**YEAR 4 and YEAR 5: Completion of the MS-AT Curriculum (6 semesters – Summer/Fall/Spring)**

Students who have successfully met all admission requirements for the MS-AT will start the curriculum in the summer term immediately after Semester 6 - Spring.

Students who are declared in the 3+2 subplan do not have to take the following courses in the Health Science and Wellness major: **FN 151, HSW 250, HSW 360, HSW 490.**

Identified MS-AT courses (15 credits total) will fulfill the course and credit requirements in the Health Science and Wellness BS degree.

\*Semester 2 (Spring) – Meet with MS-AT Program Director or AT faculty to complete 3+2 Dual-Degree Intent form

\*\*Semester 5 (Fall) – MS-AT Application window – July 1<sup>st</sup> – Dec. 1<sup>st</sup>. Early Admission Decisions start October 1<sup>st</sup>. See advisor for more information.

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GEP (General Education Program) – Social Science (SS); US Diversity (USD); Critical Thinking (CT), Environmental Responsibility (ER); History (HP); Global Awareness (GA)



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<b>Semester 1</b>	<b>Credits</b>	<b>Semester 2</b>	<b>Credits</b>
BIOL 101 General Biology (NS)	5	CHEM 101 or 105 Basic/Fundamental Chemistry (NS)	5
ENGL 101 Academic Reading and Writing (WC)	3	SOC 101 Intro to Sociology <b>-OR-</b> FCS 166 (SS, USD)	3
HSW 100 Student Success in Health Professions (elective)	1	PSYC 110 Introduction to Psychology (SS)	3
HSW 104 Medical Terminology	3	HSW 110 Individualized Exercise Programming	1
HSW 101 Intro to Health and Wellness Careers	3	FN 151 Contemporary Nutrition (WLN)	2
<b>Total credits</b>	<b>15</b>	<b>Total credits</b>	<b>14</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
ENGL 202 Academic Writing and Research (WC)	3	BIOL 387 Human Anatomy ( <i>Sp</i> )	4
HD 265 Human Growth & Development <b>-OR-</b> PSYC 260	3	FN 354 Intro to Nutrition and Nutrient Metabolism	3
GEP Critical Thinking (CT)	3	HSW 290 Psychological Aspects of Health	3
HSW 150 Health and Wellness Delivery Systems	3	HSW 301 Biostatistics (QL)	3
HSW 205 Recognition & Prevention of Common Diseases	3	GEP Humanities (HU)	3
<b>Total credits</b>	<b>15</b>	<b>Total credits</b>	<b>16</b>
<b>Semester 5</b>	<b>Credits</b>	<b>Semester 6</b>	<b>Credits</b>
BIOL 385 Human Physiology	4	PHYS 101 General Physics <b>-OR-</b> PHYS 203	5
HSW 300 Programming, Promotion & Advocacy	3	HSW 310 Health and Wellness Communication	3
HSW 304 Health and Wellness Coaching	3	PSYC 351 Psychopathology	3
Elective	3	HSW 375 Kinesiology	3
GEP Art (ART)	3	HSW 250 Wellness Retreat	1
<b>Total credits</b>	<b>16</b>	<b>Total credits</b>	<b>15</b>
<b>Semester 7</b>	<b>Credits</b>	<b>Semester 8</b>	<b>Credits</b>
HSW 360 Evidence-Based Research	3	HSW 395 Epidemiology and Public Health	3
HSW 385 Professionalism and Leadership	3	HSW 490 Health and Wellness Capstone	3
GEP Historical Perspective/Global Awareness (HP/GA)	3	Elective	3
GEP Environmental Responsibility (consider HSW 320 or FN 357)	3	Elective	3
HSW 312 Exercise Physiology	3	Elective	3
<b>Total credits</b>	<b>15</b>	<b>Total credits</b>	<b>15</b>
		<b>Total credits</b>	<b>121</b>

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<b>Semester 1</b>	<b>Credits</b>	<b>Semester 2</b>	<b>Credits</b>
BIOL 101 General Biology (NS)	5	CHEM 105 Fundamental Chemistry (NS)	5
ENGL 101 Academic Reading and Writing (WC)	3	GEP Critical Thinking (CT)	3
HSW 100 Student Success in Health Professions (elective)	1	PSYC 110 Introduction to Psychology (SS)	3
HSW 104 Medical Terminology	3	HSW 101 Intro to Health and Wellness Careers	3
FN 151 Contemporary Nutrition (WLN)	2	HSW 110 Individualized Exercise Programming (WLN)	1
	<b>Total credits</b>		<b>Total credits</b>
	<b>14</b>		<b>15</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
CHEM 106 Fundamental Chemistry	5	BIOL 387 Human Anatomy (Sp)	4
ENGL 202 Academic Writing and Research (WC)	3	SOC 101 Intro to Sociology <b>-OR-</b> FCS 166 (SS, USD)	3
HSW 290 Psychological Aspects of Health	3	HSW 205 Disease Recognition & Prevention	3
HSW 150 Health and Wellness Delivery Systems	3	HSW 301 Biostatistics (QL)	3
Elective	1	HD 265 Human Growth & Development <b>-OR-</b> PSYC 260 Developmental Psychology	3
	<b>Total credits</b>		<b>Total credits</b>
	<b>15</b>		<b>16</b>
<b>Semester 5</b>	<b>Credits</b>	<b>Semester 6</b>	<b>Credits</b>
BIOL 385 Human Physiology	4	GEP Historical Perspective/Global Awareness (HP/GA)	3
PHYS 203 College Physics I	5	PHYS 204 College Physics II	5
HSW 300 Programming, Promotion & Advocacy	3	HSW 312 Exercise Physiology	3
HSW 304 Health and Wellness Coaching	3	HSW 375 Kinesiology	3
		HSW 250 Wellness Retreat	1
	<b>Total credits</b>		<b>Total credits</b>
	<b>15</b>		<b>15</b>
<b>Semester 7</b>	<b>Credits</b>	<b>Semester 8</b>	<b>Credits</b>
HSW 360 Evidence-Based Research	3	HSW 310 Communication in Health Care	3
HSW 385 Professionalism and Leadership	3	HSW 395 Epidemiology and Public Health	3
FN 354 Intro to Nutrition and Nutrient Metabolism	3	PSYC 351 Abnormal Psychology	3
GEP Humanities (HU)	3	HSW 490 Health and Wellness Capstone	3
GEP Art (ART)	3	GEP Environmental Responsibility (consider HSW 320 or FN 357)	3
	<b>Total credits</b>		<b>Total credits</b>
	<b>15</b>		<b>15</b>
			<b>Total credits</b>
			<b>120</b>

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General Education Program (GEP) category abbreviations: Arts (ART), Critical Thinking (CT), Environmental Responsibility (ER), Global Awareness (GA), Historical Perspectives (HP), Humanities (HU), Natural Sciences (NS), Quantitative Literacy (QL), Social Sciences (SS), U.S. Diversity (USD), Wellness (WLN), Written Communication (WC).

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