



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/>.

<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
HSW 100 Student Success in Health Professions (elective)	1	Elective	3
PSYC 110 Intro to Psychology (SS)	3	HSW 105 Recognition & Prevention of Disease	3
HSW 104 Medical Terminology	3	HSW 110 Individualized Exercise Programming	1
ENGL 101 Freshman Engl. (WC) or ENGL 150 Advanced	3	FN 151 Contemporary Nutrition (WLN)	2
		HSW 101 Intro to Health & Wellness Careers	1
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>15</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
GEP Critical Thinking (CT)	3	GEP Art (ART)	3
HD 265 Lifespan Development -OR- PSYC 260 Developmental Psyc	3	SOC 101 Intro to Soc (SS, USD)	3
HSW 290 Psychological Aspects of Health	3	ENGL 202 Sophomore English (if applicable, WC)	3
HSW 210 Philosophies and Principles of Wellness	3	HSW 301 Biostatistics (QL)	3
HSW 150 Health and Wellness Delivery Systems	3	GEP Env. Responsibility (consider HSW 320 or FN 357)	3
		HSW 250 Wellness Retreat	1
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>16</b>
<b>Semester 5</b>	<b>Credits</b>	<b>Semester 6</b>	<b>Credits</b>
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
		Elective	3
<i>Total credits</i>	<b>13</b>	<i>Total credits</i>	<b>16</b>
<b>Semester 7</b>	<b>Credits</b>	<b>Semester 8</b>	<b>Credits</b>
HSW 385 Professionalism and Leadership	3	HSW 490 Health and Wellness Capstone	3
HSW 395 Epidemiology and Population 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>Summer or Winter courses?</b>	<b>Credits</b>
		<i>Total credits</i>	<b>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 – Basic Chemistry (NS)	5
ENGL 101 – Freshman English (WC)	3	GEP Critical Thinking (CT)	3
PSYC 110 – Introduction to Psychology (SS)	3	HSW 105 – Disease Recognition & Prevention	3
HSW 104 – Medical Terminology	3	HSW 110 – Individualized Exercise Programming (WLN)	1
HSW 101 – Intro to Health and Wellness Careers	1	AT 181 – Introduction to Athletic Training	2
HSW 100 – Student Success in Health and Wellness Professions	1	FN 151 – Contemporary Nutrition (WLN)	2
<b>Total credits</b>	<b>16</b>	<b>Total credits</b>	<b>16</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
ENGL 202 – Sophomore English (WC)	3	BIOL 385 – Human Physiology	4
HD 265 or PSYC 260 - Developmental Psychology	3	FN 354 – Introduction to Nutrition and Nutrient Metabolism	3
SOC 101 – Introduction to Sociology (SS, USD)	3	HSW 290 – Psychological Aspects of Health	3
HSW 150 – Health and Wellness Delivery Systems	3	HSW 301 – Biostatistics (QL)	3
HSW 210 – Philosophies and Principles of Wellness	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 287 – Human Anatomy	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 Population Health	3
HSW 385 – Professionalism and Leadership	3	HSW 490 – Health and Wellness Capstone	3
HSW 320 – Environment, Health, and Technology (ER)	3	Elective	3
Physics 101 or 203 – College Physics	5	Elective	3
		Elective	3
<b>Total credits</b>	<b>14</b>	<b>Total credits</b>	<b>15</b>
			<b>Total credits</b>
			<b>121</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/>.



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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 – Freshman English (WC)	3	GEP Critical Thinking (CT)	3
PSYC 110 – Introduction to Psychology (SS)	3	HSW 105 – Disease Recognition & Prevention	3
HSW 104 – Medical Terminology	3	HSW 110 – Individualized Exercise Programming	1
HSW 101 – Intro to Health and Wellness Careers	1	FN 151 – Contemporary Nutrition (WLN)	2
HSW 100 – Student Success in Health and Wellness Professions	1		
	<b>Total credits</b>		<b>Total credits</b>
	<b>16</b>		<b>14</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
ENGL 202 – Sophomore English (WC)	3	BIOL 387 – Human Anatomy (Sp)	4
PSYC 260 – Introduction to Developmental Psychology	3	FN 354 – Intro to Nutrition and Nutrient Metabolism	3
SOC 101 – Introduction to Sociology (SS, USD)	3	HSW 290 – Psychological Aspects of Health	3
HSW 150 – Health and Wellness Delivery Systems	3	HSW 301 – Biostatistics (QL)	3
HSW 210 – Philosophies and Principles of Wellness	3	GEP Humanities (HU)	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	Physics 101 or 203 – College Physics I	5
HSW 300 – Programming, Promotion & Advocacy	3	HSW 310 – Health and Wellness Communication	3
HSW 304 – Health and Wellness Coaching	3	PSYC 351 – Abnormal Psychology	3
Elective	3	HSW 375 – Kinesiology	3
GEP Art (ART)	3	HSW 250 – Wellness Retreat	1
	<b>Total credits</b>		<b>Total credits</b>
	<b>16</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 Population 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 (ER)	3	Elective	3
HSW 312 – Exercise Physiology	3	Elective	3
	<b>Total credits</b>		<b>Total credits</b>
	<b>15</b>		<b>15</b>
			<b>Total credits</b>
			<b>122</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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<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 – Freshman English (WC)	3	GEP Critical Thinking (CT)	3
PSYC 110 – Introduction to Psychology (SS)	3	HSW 105 – Disease Recognition & Prevention	3
HSW 104 – Medical Terminology	3	HSW 110 – Individualized Exercise Programming (WLN)	1
HSW 101 – Intro to Health and Wellness Careers	1	FN 151 – Contemporary Nutrition (WLN)	2
HSW 100 – Student Success in Health and Wellness Professions	1		
<i>Total credits</i>	<b>16</b>	<i>Total credits</i>	<b>14</b>
<b>Semester 3</b>	<b>Credits</b>	<b>Semester 4</b>	<b>Credits</b>
CHEM 106 – Fundamental Chemistry	5	BIOL 387 – Human Anatomy ( <i>Sp</i> )	4
ENGL 202 – Sophomore English (WC)	3	SOC 101 – Introduction to Sociology (SS, USD)	3
PSYC 260 – Introduction to Developmental Psychology	3	HSW 210 – Philosophies and Principles of Wellness	3
HSW 150 – Health and Wellness Delivery Systems	3	HSW 290 – Psychological Aspects of Health	3
		HSW 301 – Biostatistics (QL)	3
<i>Total credits</i>	<b>14</b>	<i>Total credits</i>	<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
Physics 203 – College Physics I	5	Physics 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
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<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 – Health Care Communication	4
HSW 385 – Professionalism and Leadership	3	HSW 395 – Epidemiology and Population Health	3
FN 354 – Intro to Nutrition and Nutrient Metabolism	3	Psych 351 – Abnormal Psychology	3
GEP Humanities (HU)	3	HSW 490 – Health and Wellness Capstone	3
GEP Art (ART)	3	HSW 320 – Environment, Health, and Technology (ER)	3
<i>Total credits</i>	<b>15</b>	<i>Total credits</i>	<b>16</b>
		<b>Total credits</b>	<b>121</b>

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