

Westminster College
Health and Wellness Four Year Plan

Fall

Seminar (3)
Academic Writing (3)
Language 1 (4)
HES 220 Social Science in Sport (2)
PE Activity (1)
Library Skills (1)
14 hours

Fall

HES 231 Sport Psychology (3)
Human Behavior GE (3)
BIO 107 Human Biology (4)
History GE (3)
Social Science GE (3)
16 hours

Fall

PED 251 Intro to Nutrition (3)
History GE (3)
Major Elective (3)
HES 340 Exercise Physiology (3) (WI?)
HES 309 History and Phil of PE (2)
Elective (3)
17 hours

Fall

Art Expression GE (3)
HES 405 Test and Measurement (2)
Ethics/Philosophy GE (3)
Elective (3)
Elective (3)
PE Activity (1)
HES 104 First Aid / CPR (1)
16 hours

Spring

HES 204 Wellness and Fitness
Concepts (2)
Human Behavior GE(Psych) (3)
Second Language (3)
Statistics (3)
PE Activity (1)
Elective (3)
15 hours

Spring

HES 230 Intro Care and Prev. (2)
Human Behavior GE (3)
Art: Literature (3)
Elective (3)
Elective (3)
14 hours

Spring

PED 3xx Community Nutrition
(Suggested Tier III) (3)
HES 321 Kinesiology (3) WI
Non Western Culture (3)
HES 300 Exercise Prescription (3)
PE Activity (1)
HES 406 Management in PE (2)
15 hours

Spring

Major Internship (3)
ULOD (3)
Elective (3)
Elective (3)
Elective (3)
15 hours

Note: Students need two Writing
Intensive Courses (one upper level) in
addition to Academic Writing.