**Skills Learned**
- Anatomical dissection
- Body composition assessment
- Functional movement assessment
- Health status and risk factor identification
- Prevention and care of injuries
- Fitness appraisal
- Injury evaluation and rehabilitation
- Exercise technique and prescription
- Biomechanical or motion analysis
- Chemistry and lab techniques
- Nutritional assessment

**Possible Careers**
- Sports medicine practitioner
- Physical therapist
- Occupational therapist
- Chiropractor
- Exercise physiologist
- Sports lab research technician
- Wellness program coordinator
- Health education specialist
- Athletic trainer

**Types of Employers**
- Hospitals or medical clinics
- Sports rehabilitation clinics
- Physical therapy offices
- Sports teams or clubs
- Schools, colleges, and universities
- Assisted living facilities
- Government programs
- Non-profit organizations
- Sports labs and research facilities
- Sports equipment manufacturers
- Gyms or fitness centers
- Community wellness centers

**Recommended preparation:** Students considering this major should have a minimum of one year of biology, one year of chemistry, 3.0 high school GPA, and an ACT score of at least 25. A 2.75 cumulative GPA is required to graduate with this major.

**FAST FACTS**

- **Hours:**
  - 56 hours for major
  - 30 hours in general education
  - At least 120 hours are required for graduation from Wayne State College. You may add a second major, minor, or electives to help meet these requirements.

- **Degrees offered:** B.A. or B.S.

- **Department:** Health, Human Performance, and Sport

- **School:** Natural and Social Sciences

- **Job shadowing:** Required

- **Popular minors:** Foods and Nutrition, Public and Global Health, Psychology, Biology

**Activities / Opportunities**
- Attend state, regional, and national conferences for the National Strength and Conditioning Association, National Athletic Trainers’ Association, and American College of Sports Medicine
- Attend Center for Neuroscience, Orthopaedics, and Spine sports medicine clinics
- Assist with high school hydration and body composition assessments

**Clubs / Organizations**
- Pre-Physical Therapy / Pre-Occupational Therapy Club
- Health Science Club

Visit [www.wsc.edu/clubs](http://www.wsc.edu/clubs) to learn more about clubs and organizations on campus.
### SAMPLE PROGRAM OF STUDY

*Every effort is made to ensure this information is current, but please be aware that some content may have changed. There is no substitute for developing a careful course registration plan in consultation with your advisor. For questions about this content, please see your advisor. This schedule varies depending on when student begins the program. This suggested schedule offered starting fall of even years. See advisor for students beginning fall of odd-numbered years.*

- Students considering this major should have minimum of one year of biology, one year of chemistry, and a 3.0 high school GPA. An ACT score of 25 is also recommended.
- Students must have a GPA of 2.75 to enroll in PED 452, 453, 469, and 495, and a 2.5 GPA in PED 400, 471, and 472. Students must earn a B or better in PED 470 to enroll in 472.
- Summer school is an option for elective hours and certain major courses.
- A minimum of 120 semester hours of credit must be earned to graduate, of which 40 hours must be upper level courses numbered 300 or above.
- A 2.75 cumulative GPA is required to graduate with this major.

### FRESHMAN - 1st semester
- **CHE 106 General Chemistry I (General Studies CAT 7)**
- **ENG 102 Composition Skills (General Studies CAT 1)**
- **PED 130 Intro to Sports Medicine**
- **PHI 105 Ethics and Values (General Studies CAT 6)**
- **POS 100 American National Government (General Studies CAT 8)**

### FRESHMAN - 2nd semester
- **BIO 110 Biology Concepts**
- **CHE 107 General Chemistry II**
- **CNA 100 Principles of Human Communication (General Studies CAT 2)**
- **PSY 101 Psychology (General Studies CAT 5)**

### SOPHOMORE - 1st semester
- **BIO 220 Human Anatomy**
- **GEO 120 World Regional Geography (CAT 10)**
- **PHY 201 General Physics I and PHY 321 Physics Lab I**

### SOPHOMORE - 2nd semester
- **BIO 340 Human Physiology**
- **MAT 180 Applied Probability and Statistics (General Studies CAT 3)**
- **PED 207 Athletic Performance and Nutrition**
- **PED 275 Prevention and Care of Athletic Injuries**
- **PED 351 Biomechanics**

### JUNIOR - 1st semester
- **ART 102 The Visual Arts Experience (General Studies CAT 4)**
- **PED 242 CPR Certification**
- **PED 305 Exercise Physiology**
- **Electives**

### JUNIOR - 2nd semester
- **PED 357 Principles of Strength and Conditioning**
- **PED 470 Fitness Evaluation and Assessment**
- **PED 471 Tests and Measurements**

### SENIOR - 1st semester
- **PED 389 Sports Medicine Practicum**
- **PED 400 Cardiac Rehabilitation**
- **PED 452 Musculoskeletal Evaluation and Management**
- **PED 472 Wellness Practicum I**
- **Elective**

### SENIOR - 2nd semester
- **PED 453 Rehabilitation of Musculoskeletal Injuries**
- **PED 480 Assessment Seminar**
- **PED 495 Research Design in Sports Medicine**
- **Electives**

Applied human and sport physiology majors are encouraged to supplement their coursework by choosing some of the following electives, depending upon career goals:
- **BIO 108 Medical Terminology**
- **BIO 330 Histology**
- **BIO 385 Microbiology**
- **BIO 443 Advanced Human Anatomy**
- **BIO 486 Immunology**
- **CHE 208 Intro to Organic Chemistry**
- **CHE 314 Organic Chemistry I**
- **CHE 315 Organic Chemistry II**
- **CHE 326 Biochemistry**
- **FCS 340 Community Nutrition**
- **FCS 407 Nutritional Counseling and Assessment**
- **NAT 421 Scientific Communication**
- **PED 200 Intro to Motor Learning and Development**
- **PED 287 Computer Applications in HHPS**
- **PHY 202 General Physics II**
- **PSY 230 Lifespan Development**
- **PSY 316 Social Psychology**
- **PSY 345 Health Psychology**
- **PSY 450 Abnormal Psychology**

*Designates courses offered spring only or fall only
**Designates courses every once two years

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**Applied Human and Sport Physiology Faculty**

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