

**Associate of Science in Health, Wellness, & Human Performance
Athletic Training Option
2025-26 Degree Check**

Name:		Completed by:		
ID:		Date:		
General Education Requirements (37 Credits)	Credits	Grade	Semester	Notes
Communication (6 Credits)				
ENG 1113 English Composition I	3			
ENG 1213 English Composition II	3			
History and U.S. Government (6 Credits)				
HST 1483 US History to the Civil War or HST 1493 US History since the Civil War	3			
GVT 1113 American Federal Government	3			
Science (8 Credits)				
BIO 1114 General Biology or other lab science course	4			
CHM 1114 General Chemistry I or other lab science course	4			
Humanities (6 Credits)				
	3			
	3			
Mathematics (3 Credits) Any college-level general education math course.				
	3			
Liberal Arts (3 Credits)				
PSY 1113 Introductory Psychology or SOC 1113 Introduction to Sociology	3			
General Education Electives (4-5 Credits) See catalog for a list of courses.				
Completed HS computer course: ☐ If student did not complete a high school computer course, at least one elective or program course must have a CIS or CS prefix.				
Student Success (1 Credit) For first-time freshmen				
COL 1211 Success Strategies	1			
Program Requirements (23 Credits)	Credits	Grade	Semester	Notes
Program Core (12 Credits)				
HWP 1113 Personal Health	3			
HWP 2213 First Aid	3			
NUT 1553 Nutrition or HWP 1133 Sports Nutrition	3			
HWP 2713 Care and Prevention of Athletic Injuries	3			
Program Electives (8 Credits)				
AP 1113 Applied Anatomy (Fall only)	3			
HWP 2972 Athletic Training Practicum	2			
HWP 2963 Introduction to Kinesiology (Spring Only)	3			
Recommended Program Electives (3 credits)				
HWP 1132 Lifetime Wellness	2			
HWP 2232 Theory of Coaching Baseball	2			
HWP 2242 Theory of Coaching Basketball	2			
HWP 2812 Issue Awareness	2			
HWP 1011 Strength and Conditioning	1			
HWP 2222 Sports Rules & Officiating	2			
NUT 1553 Nutrition or HWP 1133 Sports Nutrition	3			
PSY 2213 Wellness, Exercise, and Sports Psychology	3			
Substitutions must be approved by Program Chair				
Total Credit Hours Required: 60 ☐ 15 hours at MSC ☐ Min 2.0 GPA ☐ Computer Course ☐ Min 37 Hours in Gen Ed Core ☐				