

**Piedmont College**  
**4-year plan**

**Program:** BS in Applied Health Science, Nutrition Track

**Program Mission Statement:** The applied health science program seeks to prepare undergraduate students for careers helping individuals achieve optimal health and fitness while leading more balanced and meaningful lives, rather than discovering or treating disease, by providing the theoretical foundations for nutritional planning, health and wellness promotion, and fitness prescription in both healthy and clinical populations through exemplary classroom and laboratory instruction. Furthermore, the program is dedicated to respecting individual diversity and engaging the community by exposing students to a variety of healthcare settings, practitioners, and patient populations.

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FIRST YEAR FALL		FIRST YEAR SPRING	
PDMT 1101 Intro to College Life	1	Art, Music or Theater requirement	3

			3
<b>Total Hours</b>	<b>13</b>	<b>Total Hours</b>	

	3	HSCS 2301 Health Promotion	3
ENG Literature 2203-2222, PHIL 2201/2202, or RELG 2201/2254	3	HSCS 1105 Medical Terminology	2
BIOL 2110 Human Anatomy & Physiology II	4	HSCS 3321 Fitness Assessment and Prescription	3
HSCS 2220 Introduction to Health Process	3	BIOL 2150 Medical Microbiology	4
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>15</b>

THIRD YEAR FALL		THIRD YEAR SPRING	
BUSA 1210, PSYC 1101, or SOCI 1101	3		