

Exercise Physiology, Pre-PA

This plan is based on **Math Placement Level 1** and **CHEM 1500 Placement**.

**Your specific plan may change based on your individual *Math, English and Science Placements*.

Fall Semester		Spring Semester		Summer Semester	
MATH 1200: College Algebra	4	CHEM 1500: Concepts in Chem	4		
EXPH 1490: Intro Exer Sci	3	EXPH 2290/2295: Testing & Presc	5		
BIOS 1030: Human Bio*	3	MATH 1350: Survey of Calculus	4		
ENG 1510: First Year Comp	4	BIOS 1700 & 1705: Bio Sci I	4		
UC 1900: Learning Community	1	EXPH 1600: Foundations in Muscular Fitness	1		
Total Credit Hours	15		18		

Fall Semester		Spring Semester		Summer Semester	
CHEM 1510 : Chemistry I	4	BIOS 3010 & 3015: Anatomy	4		
BIOS 1710 & 1715: Bio Sci II	4	CHEM 1520: Chemistry II	4		
PHIL 2300: Ethical Reasoning	1	EXPH 2200: Kinesiology	3		
NUTR 1000: Human Nutrition	3	PSY 2710: Psychopathology	3		
PSY 1010: Psychology	3	EXPH 2280: CPR/First Aid	2		
ANTH 1010: Anthropology	3	Pillar: Humanities Texts & Contexts	3		
	18		19		

Fall Semester		Spring Semester		Summer Semester	
BIOS 3450 & 3455: Physiology	5	EXPH 2921: Practicum	1-4		
EXPH 3200 & 3205: Biomechanics	4	Pillar: Humanities Arts	3		
PSY 2110: Statistics for Behavioral Sciences	4	EXPH 3300: Fitness Facility Standards	2		
PHYS 2001: Intro Physics 1	4	PHYS 2002: Intro Physics	4		
EXPH 2590: Physical Fitness	1	BIOS 3220 and 3225: Microbiology	5		
		CHEM 3010: Organic Chemistry	3		
	18		18		

Fall Semester		Spring Semester		Summer Semester	
EXPH 4140 & 4145: Physiology of Exercise	5	EXPH 4490: Cardio Assessment	3		
EXPH 4160: Resistance Training	4	EXPH 4495: Testing & Prescrip	3		
CHEM 4890: Basic Biochemistry	3	HLTH 2300: Medical Terminology	3		
IHS 2220: Cultural Competency in Healthcare	3	EXPH 4900, 4610 or 4620	3		
CHEM 3080: Organic Chem Lab	1	Foundation: Advanced Writing	3		
	16		15		

This plan is a sample and is not a guarantee, the plan is flexible and may be changed based on course offerings and your personal success in each course and sequence of courses.

Questions? Contact Student Services at chspss@ohio.edu or by calling (740) 593-9336.

Updated Spring 2023

Exercise Physiology, Pre-PA

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Faculty and Professional Advisors for Exercise Physiology

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Brandy Bailey	Success Advisor	baileyb@ohio.edu

Program Overview

<https://www.ohiopa.com/aws/OAPA/pt/sp/ohio-pa-programs>

Notes

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Updated Spring 2023

Nutrition Science (Pre-PA)

Sample Semester by Semester Plan

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Fall Semester		Spring Semester		Summer Semester	
MATH 1200: College Algebra	4	ENG 1510: First Year Comp	3		
NUTR 1000: Intro Nutrition	3	RHT 1330: Food Safety	1		
NUTR 1100: Food Systems	3	MATH 1350: Survey of Calculus	4		
CHEM 1500: Concepts in Chem	4	CHEM 1510: Chemistry I	4		
BIOS 1030: Human Biology	3	PSY 1010: General Psychology	3		
UC 1900: Learning Community	1	Pillar: Humanities: Arts	3		
	18		18		

Fall Semester		Spring Semester		Summer Semester	
NUTR 2100: Lifespan Nutrition	4	NUTR 2250: Food Science	4		
NUTR 2990: Professional Dev	1	COMS 1030: Public Speaking	3		
BIOS 1700 & 1705: Bio Sci I	4	BIOS 1710 & 1715: Bio Sci II	4		
CHEM 1520: Chemistry II	4	PHYS 2001: Physics I	4		
PSY 2710: Psychopathology	3	Pillar: Humanities: Texts and Contexts	3		
	16		18		

Fall Semester		Spring Semester		Summer Semester	
NUTR 3000: Metabolism	3	NUTR 3100: Medical Therapy I	3		
PHYS 2002: Physics II	4	NUTR 3600: Nutrition Counseling	1		
PSY 2110: Stats for the Behavioral Sciences	4	BIOS 3220 & 3225: Microbiology	5		
BIOS 3100: Genetics	3	BIOS 3010 & 3015: Anatomy	4		
CHEM 3050 & 3080: Org Chem	4	CHEM 3060 & 3085: Org Chem	4		
	18		17		

Fall Semester		Spring Semester		Summer Semester	
NUTR 4100: Medical Therapy II	3	NUTR 4000: Community Nutrition	3		
NUTR 4901: Senior Seminar	1	NUTR 4200: Experimental Food	4		
BIOS 3450/3455: Physiology	5	IHS 2220: Cultural Comp in Interprofessional Healthcare	3		
ANTH 1010: Anthropology	3	HLTH 2300: Medical Terminology	3		
CHEM 4890: Basic Biochemistry	3	NUTR 4050: Advanced Nutrition	3		
Foundation: Advanced Writing	3	NUTR 4947 Bridge: Learning & Doing	1		
	18		17		

Nutrition Science (Pre-PA)

Sample Semester by Semester Plan

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Faculty and Professional Advisors for Applied Nutrition

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Program Overview

<https://www.ohiopa.com/aws/OAPA/pt/sp/ohio-pa-programs>

Notes

Pre-PA though Biological Sciences BS (Major code: BS2121)

Sample 4 Year Plan

Fall Semester Year 1		Spring Semester Year 1	
BIOS 1700: Intro to Biological Sciences	3	BIOS 1710: Intro to Biological Sciences 2	3
BIOS 1705: Intro BIOS lab	1	BIOS 1715: Intro BIOS lab 2	1
CHEM 1510: General Chemistry 1	4	CHEM 1520: General Chemistry 2	4
Math 1300(based on placement): Pre-calculus	4	MATH 2301: Calculus 1	4
BIOS 1100 Team Learning	1	CHEM 1152 Team Learning	1
CHEM 1151 Team Learning	1	ENG 1510: First Year Comp	3
Learning Community Seminar	1		
	15		16
Fall Semester Year 2		Spring Semester Year 2	
BIOS 3100: Genetics	3	BIOS 3200: Cell Biology	3
CHEM 3050: Organic Chemistry 1	3	CHEM 3060: Organic Chemistry 2	3
PHYS 2001: Intro Physics 1	4	PHYS 2002: Intro Physics 2	4
Gen Ed: Pillars Humanities Arts	3	Gen Ed: Pillars Humanities Texts & Contexts	3
PSY 1010: Intro Psychology	3	**Elective PA Course (PA 2100)	2
		College of A&S Social Science	3
	16		18
Fall Semester Year 3		Spring Semester Year 3	
BIOS 3010: Human Anatomy	3	BIOS 3450: Human Physiology	3
BIOS 3015: Human Anatomy Lab	1	BIOS 3455: Human Physiology Lab	2
Gen Ed: Public Speaking	3	Gen Ed: Advanced Writing English 3XXX	3
BIOS 4630: Biological Chemistry	3	PSY 2110: Behavioral Statistics	4
**HLTH 2300: Medical Terminology	3	PSY 2710: Psychopathology	3
Gen Ed: Arch Connected World	3		
	16		15
Fall Semester Year 4		Spring Semester Year 4	
**CHEM 3080: Organic Chemistry 1 Lab	1	BIOS 3220: General Microbiology	3
Gen Ed: Bridge COMS 1030 Public Speaking	3	BIOS 3225: Microbiology Lab	2
Foreign Language 1	3	Foreign Language 2	3
BIOS 3300: Principles of Evolution	3	Gen Ed: Intercultural Explorations	3
Gen Ed: Bridge Learning and Doing	1	Gen Ed: Capstone BIOS 4000 Level	3
College of A&S Humanities Course	3	Elective	1
Elective	1		
	15		15

****Recommended Courses for Pre-PA: CHEM 3080: Organic lab, PA 2100: Intro to PA, HLTH 2300 Med Terminology**

This plan is based on Math Placement Level 2 and CHEM 1510 Placement. Your specific plan may change based on your individual Math, English, and Science Placements, course offerings, and your success in each course.

For questions, please contact the College of Arts & Sciences at cas.undergrad@ohio.edu