	Recommended Courses			
Fall Semester 1	Interim Semester 1	Spring Semester 1	Career Planning and Preparation	R.E.A.L. Experience
iology Choice (BIO104/104D, BIO118/118D, or IO122/122D)	BIB 101 Introduction to the Bible	GES 140 Introduction to Wellbeing	PHASE 1: EXPLORE	Create your R.E.A.L. Portfolio
HI 110 Contemporary Moral Issues		HAS 130 Personal and Community Health	Explore self, careers, & God's call	Consider joining GlobeMed, Pre-Med Club, another club or ministry of interest
ES 160 Inquiry Seminar		HAS 110 Introduction to Healthcare	Take a Career Assessment	Consider finding a mentor
ES 130 Christianity Western Culture		Elective	Research Careers: O*Net, Candid Careers, & informational interviews w/ Alums	
			Gain Experience: Part-time job; Campus Involvement (e.g. student club); Volunteering	
14	,	3 13	3	
		MILESTONES: Consider study abroad options	8	
	Recommended Courses			
				R.E.A.L. Experience
AS 170 Applied Nutrition	World Cultures (U) course	HAS 120 First Aid	PHASE 1&2: EXPLORE/EXPERIENCE	Continue adding artifacts and reflections to R.E.A.L. Portfolio.
SY 100 Introduction to Psychology		BIO 238 & BIO 239 Human Anatomy and Physiology and Human Anatomy and Physiology Lab	Finalize major if necessary & begin gaining experience	Consider taking a leadership position with a student club.
HE 201 Christian Theology		PSY 203 Lifespan Development	Create/update Resume & LinkedIn	Consider going on a spring break mission tr
ES 125 Introduction to the Creative Arts		Contemporary Western Live and Thought (L) Course	Build professional network (e.g. informational interviews)	
eisure and Lifetime Sports (Q) course		Second Language (S) Course	Attend Spring Career Fair	
14	,	3 15	Obtain Internship or relevant job by summer	
	MILEST	ONES: Consider doing an online course over th	e summer	
	Recommended Courses			
Fall Semester 3	Interim Semester 3	Spring Semester 3	Career Planning and Preparation	R.E.A.L. Experience
AS 318 Epidemiology	PSY 310 Addiction and Recovery	COM 319 Health Campaigns and Technology	PHASE 2: EXPERIENCE	Review your R.E.A.L. Portfolio and prepare make it public.
OM 209 Introduction to Health Communication		HAS 314 Foundations, Administration, and Evaluation of Health Education	Use experiences to narrow down career choice & develop relevant skills	Consider studying abroad.
		HAS 250M Statistics and Research Methods in	D	
DU 331 Teaching and Learning		Applied Health Sciences	Participate in Fall & Spring Recruiting to obtain an internship	Position in Student Life.
DU 332 Teaching and Learning Field xperience		Applied Health Sciences Elective	an internship Schedule a Mock Interview	
DU 332 Teaching and Learning Field		Applied Health Sciences	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary	Position in Student Life.
DU 332 Teaching and Learning Field xperience terpreting Biblical Themes (J) Course lective		Applied Health Sciences Elective Artistic Experience (A) course	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course		Applied Health Sciences Elective Artistic Experience (A) course 12-15	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	Position in Student Life.
DU 332 Teaching and Learning Field xperience terpreting Biblical Themes (J) Course lective	MILESTONE	Applied Health Sciences Elective Artistic Experience (A) course	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	Position in Student Life.
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course lective	MILESTONE Recommended Courses	Applied Health Sciences Elective Artistic Experience (A) course 3 12-15 : A minimum 3.2 GPA in your major is a good go	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network all to strive for	Position in Student Life. Consider being a TA for a favorite class.
DU 332 Teaching and Learning Field xperience terpreting Biblical Themes (J) Course lective	MILESTONE	Applied Health Sciences Elective Artistic Experience (A) course 3 12-15 A minimum 3.2 GPA in your major is a good go Spring Semester 4	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course lective	MILESTONE Recommended Courses	Applied Health Sciences Elective Artistic Experience (A) course 3 12-15 : A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network all to strive for	Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course lective 15 Fall Semester 4 AS 345 Disease and Injury Control comparative Systems (G) course	MILESTONE Recommended Courses Interim Semester 4	Applied Health Sciences Elective Artistic Experience (A) course 12-15 A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science RES 340Z Principles and Methods of Intercultural Leadership	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network Dal to strive for Career Planning and Preparation PHASE 3: EXECUTE Execute an effective job or grad school search	Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Por
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course lective 15 Fall Semester 4 AS 345 Disease and Injury Control	MILESTONE Recommended Courses Interim Semester 4	Applied Health Sciences Elective Artistic Experience (A) course 3 12-15 : A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science RES 340Z Principles and Methods of	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network all to strive for Career Planning and Preparation PHASE 3: EXECUTE	Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Por with relevant experiences and reflection.
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course lective 15 Fall Semester 4 AS 345 Disease and Injury Control comparative Systems (G) course	MILESTONE Recommended Courses Interim Semester 4	Applied Health Sciences Elective Artistic Experience (A) course 12-15 A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science RES 340Z Principles and Methods of Intercultural Leadership	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network Dal to strive for Career Planning and Preparation PHASE 3: EXECUTE Execute an effective job or grad school search Participate in Fall and Spring Recruiting Apply for Graduate School if necessary	Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Por with relevant experiences and reflection.
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course lective 15 Fall Semester 4 AS 345 Disease and Injury Control comparative Systems (G) course cience, Technology, and Society (K) course	MILESTONE Recommended Courses Interim Semester 4	Applied Health Sciences Elective Artistic Experience (A) course 3 12-15 : A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science RES 340Z Principles and Methods of Intercultural Leadership Electives	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network Dal to strive for Career Planning and Preparation PHASE 3: EXECUTE Execute an effective job or grad school search Participate in Fall and Spring Recruiting	Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Por with relevant experiences and reflection.
DU 332 Teaching and Learning Field xperience sterpreting Biblical Themes (J) Course lective 15 Fall Semester 4 AS 345 Disease and Injury Control omparative Systems (G) course cience, Technology, and Society (K) course	MILESTONE Recommended Courses Interim Semester 4 Interim Off	Applied Health Sciences Elective Artistic Experience (A) course 3 12-15 : A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science RES 340Z Principles and Methods of Intercultural Leadership Electives	an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network Dal to strive for Career Planning and Preparation PHASE 3: EXECUTE Execute an effective job or grad school search Participate in Fall and Spring Recruiting Apply for Graduate School if necessary Expand Professional Network	Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Por with relevant experiences and reflection.

	Recommended Courses			
Fall Semester 1	Interim Semester 1	Spring Semester 1	Career Planning and Preparation	R.E.A.L. Experience
Biology Choice (BIO104/104D, BIO118/118D, or BIO122/122D)	GES 147 Humanities II: Renaissance and Reformation	HAS 130 Personal and Community Health	PHASE 1: EXPLORE	Create your R.E.A.L. Portfolio
BIB 101 Introduction to the Bible		HAS 110 Introduction to Healthcare	Explore self, careers, & God's call	Consider joining GlobeMed, Pre-Med Club, or another club or ministry of interest
Elective		GES 140 Introduction to Wellbeing	Take a Career Assessment	Consider finding a mentor
GES 145 Humanities I: Greco-Roman through Middle Ages		GES 244 Humanities III: European Enlightenment and American Culture to 1877	Research Careers: O*Net, Candid Careers, & informational interviews w/ Alums	
			Gain Experience: Part-time job; Campus Involvement (e.g. student club); Volunteering	
14		1		
		MILESTONES: Consider study abroad options	1	
Fall Semester 2	Interim Semester 2	Spring Semester 2	Career Planning and Preparation	R.E.A.L. Experience
HAS 170 Applied Nutrition	World Cultures (U) course	HAS 120 First Aid	PHASE 1&2: EXPLORE/EXPERIENCE	Continue adding artifacts and reflections to you R.E.A.L. Portfolio.
PSY 100 Introduction to Psychology		BIO 238 & BIO 239 Human Anatomy and Physiology and Human Anatomy and Physiology Lab	Finalize major if necessary & begin gaining experience	Consider taking a leadership position with a student club.
COM 209 Introduction to Health Communication		PSY 203 Lifespan Development	Create/update Resume & LinkedIn	Consider going on a spring break mission trip.
GES 246 Humanities IV: Modern and Contemporary Western Culture		PHI 110 Contemporary Moral Issues	Build professional network (e.g. informational interviews)	
		Second Language (S) Course	Attend Spring Career Fair	
13	3	15	Obtain Internship or relevant job by summer	
	MILESTO	NES: Consider doing an online course over the	e summer	
	Recommended Courses			
Fall Semester 3	Interim Semester 3	Spring Semester 3	Career Planning and Preparation	R.E.A.L. Experience
HAS 318 Epidemiology		Spring Semester 3 COM 319 Health Campaigns and Technology	PHASE 2: EXPERIENCE	Review your R.E.A.L. Portfolio and prepare to make it public.
HAS 318 Epidemiology EDU 331 Teaching and Learning	Interim Semester 3	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad.
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience	Interim Semester 3	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life.
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course	Interim Semester 3	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience	Interim Semester 3	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life.
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course Electives	Interim Semester 3 PSY 310 Addiction and Recovery	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective Artistic Experience (A) course	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life.
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course	Interim Semester 3 PSY 310 Addiction and Recovery	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective Artistic Experience (A) course	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life.
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HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course Electives	Interim Semester 3 PSY 310 Addiction and Recovery MILESTONE: Recommended Courses	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective Artistic Experience (A) course 12-15 A minimum 3.2 GPA in your major is a good go	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life. Consider being a TA for a favorite class.
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HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course Electives 14 Fall Semester 4 HAS 345 Disease and Injury Control	Interim Semester 3 PSY 310 Addiction and Recovery MILESTONE: Recommended Courses Interim Semester 4	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective Artistic Experience (A) course 12-15 A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network PHASE 3: EXECUTE Execute an effective job or grad school search	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Portfol with relevant experiences and reflection.
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course Electives 14 Fall Semester 4 HAS 345 Disease and Injury Control Comparative Systems (G) Course	Interim Semester 3 PSY 310 Addiction and Recovery MILESTONE: Recommended Courses Interim Semester 4	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective Artistic Experience (A) course 12-15 A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science Contemporary Christian Issues (P) Course	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network PHASE 3: EXECUTE Execute an effective job or grad school search	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Portfol with relevant experiences and reflection.
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course Electives 14 Fall Semester 4 HAS 345 Disease and Injury Control Comparative Systems (G) Course Interpreting Biblical Themes (J) Course	Interim Semester 3 PSY 310 Addiction and Recovery MILESTONE: Recommended Courses Interim Semester 4	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective Artistic Experience (A) course 12-15 A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science Contemporary Christian Issues (P) Course RES 340Z Principles and Methods of Intercultural	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network PHASE 3: EXECUTE Execute an effective job or grad school search a Participate in Fall and Spring Recruiting	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Portfol with relevant experiences and reflection.
HAS 318 Epidemiology EDU 331 Teaching and Learning EDU 332 Teaching and Learning Field Experience Leisure and Lifetime Sport (Q) course Electives 14 Fall Semester 4 HAS 345 Disease and Injury Control Comparative Systems (G) Course Interpreting Biblical Themes (J) Course Science, Technology, and Society (K) course	Interim Semester 3 PSY 310 Addiction and Recovery MILESTONE: Recommended Courses Interim Semester 4	Spring Semester 3 COM 319 Health Campaigns and Technology HAS 314 Foundations, Administration, and Evaluation of Health Education HAS 250M Statistics and Research Methods in Applied Health Sciences Elective Artistic Experience (A) course 12-15 A minimum 3.2 GPA in your major is a good go Spring Semester 4 HAS 481 Internship in Human Kinetics and Applied Health Science Contemporary Christian Issues (P) Course RES 340Z Principles and Methods of Intercultural	PHASE 2: EXPERIENCE Use experiences to narrow down career choice & develop relevant skills Participate in Fall & Spring Recruiting to obtain an internship Schedule a Mock Interview Explore Grad Schools & Take Entrance Exams (e.g. GRE) if necessary Expand Professional Network Career Planning and Preparation PHASE 3: EXECUTE Execute an effective job or grad school search a Participate in Fall and Spring Recruiting Apply for Graduate School if necessary	Review your R.E.A.L. Portfolio and prepare to make it public. Consider studying abroad. Consider applying for a Student Leadership Position in Student Life. Consider being a TA for a favorite class. R.E.A.L. Experience Continue updating your public R.E.A.L. Portfoli with relevant experiences and reflection.

1. Students must complete unough the second semester of a first year ranguage course of equivalent.

Most financial aid packages stipulate 12 credits/semester; Minnesota state grants reduced when credit load falls below 15 credits/semester. (Interim credits may be split between fall and spring for state grant purposes only.)