

Advising Recommendations for Winter Quarter 2010

1) Required classes offered in the Winter

PESS 149, 213, 227, 228, 249, 261, 302, 322, 327A, 328A, 350, 405, 416, 421, 449A, 449B, 460, 490 (Skills - 103, 104, 110, 221B, 263A, 263B)
ANTH 101 and SOC 101
BIOS 170, 171, 301A, 301B, 345, 346
CHEM 121, 122 (151, 152)
HCFN 128
HLTH 202, 217
MATH 163A, 263A, 266A
PHYS 201, 202
PSY 101, 221, 233, (273 for PT school), 312, 327, 332
Electives – RSAT 144, HLTH 230

2) Winter Quarter (or Winter break) Practicums and Internships

Internship (PESS 490) - See Dr. Kushnick Now! It may already be too late for this Winter.

Practicum (PESS 261) - See Dr. Rana and Dr. Potkanowicz. You need to complete the paper work as soon as possible. If you would like to complete a Winter break practicum, you will need to see Dr. Rana (Potkanowicz) and complete all of your paper work before the end of Fall quarter.

3) Winter Quarter Inter-Session

PESS 263A
PESS 302
PESS 460

4) Important Course and quarter offerings

BIOS 170 (Fall and Winter)
BIOS 171 (Winter and Spring)
BIOS 301A and BIOS 301B (Fall and Winter, Spring)
BIOS 345 and 346 (Winter and Spring)
PESS 249 (Fall, Spring and Summer)
PESS 302 (Fall Winter and Spring)
PESS 405 (Winter)
PESS 414 and 415 (Fall, Spring and Summer)
PESS 416 (Winter and Summer)
PESS 449A and PESS 449B (Fall, Winter Spring and Summer)
PESS 460 (Winter and Spring)
PESS 461 (Fall and Spring)

Advising recommendations for each year

Freshman

- 1) You should ideally be in the second course of the Chemistry series.
 - Take CHEM 122 or CHEM 152
 - If you did not start the Chemistry series in the fall, do so now:
 - Take CHEM 121 or CHEM 151
- 2) Complete the other courses required in the pre – major.
 - PESS 149, 249, MATH 163A or 263A or 266A
- 3) Take Courses to complete your Tier I and II requirements
- 4) Take Required Related courses:
 - ANTH 101 Or SOC 101, HCFN 128, HLTH 202, PESS 227, PESS 228, PSY 101, PSY 221
- 5) You have time for some electives

Sophomore

- 1) In your sophomore year you need to complete the Biology 170 series.
 - You need to take BIOS 171 this quarter.
 - If you did not start the series in the fall take BIOS 170 now.
 - If you do not complete BIOS 171 by the end of your Sophomore year you will not graduate on time.
- 2) If you are taking the CHEM or PHYS series, you need to continue working on them and ideally completing them at the end of this year.
- 3) Complete the other courses required in the pre – major.
 - PESS 149, 249, MATH 163A or 263A or 266A
- 4) Take Courses to complete your Tier I and II requirements
- 5) Take Required Related courses:
 - ANTH 101 Or SOC 101, HCFN 128, HLTH 202, PESS 227, PESS 228, PSY 101, PSY 221
- 6) You have time for some electives
- 7) Once you complete your Pre-Major Classes apply to enter the major
 - Once in the major you can start taking skills classes

Junior

- 1) In your junior year you need to complete the Anatomy, Physiology and Exercise Physiology Series (BIOS 301A and 301B, BIOS 345 and 346, PESS 414 and 415)
 - In the Winter quarter you need to take BIOS 345 and 346.
 - If you did not take BIOS 301A and 301B in the Fall do so in the Winter.
- 2) Continue to complete your Tier I and II requirements (you can now take your Junior Composition class)
- 3) Take other courses required of your major that you have not yet taken.
- 4) Take Skills classes
- 5) You have time for some electives

Senior

- 1) You need to take PESS 405, 416, and 449A and 449B Winter quarter (405 and 416 are not offered in the Spring).
- 2) You need to complete all Tier I, II requirements this year.
- 3) PESS 449B has been approved as a Tier III equivalent. You will not need to take a Tier III course.
- 4) You need to take PESS 460 or 461. PESS 460 is offered in the Winter.
- 4) Take other courses required of your major that you have not yet taken.
- 5) Continue to take Skills classes
- 6) You have time for some electives
- 7) Plan your schedule to allow an internship experience in the Spring quarter.