



**AAS in Wellness and Exercise Science to  
Online BAAS Healthcare Administration (HCA) Concentration  
Guided Pathway  
2018-2019 Catalog**

**First Year – Tyler Junior College**

<b>FIRST SEMESTER</b>	<b>SECOND SEMESTER</b>
<b>BIOL 2401</b> – Anatomy & Physiology I (030)	<b>BIOL 2402</b> – Anatomy & Physiology II (030)
<b>FITT 1303</b> – Fitness Event Planning and Promotion	<b>FITT 2331</b> – Group Exercise Instruction
<b>FITT 1237</b> – Personal Training	<b>FITT 1343</b> – Performance Enhancement for Athletics
<b>FITT 2333</b> – Fitness Industry Operations and Technology	<b>FITT 2311</b> – Prevention and Care of Exercise Injury
<b>FITT 2301</b> – Lifestyle Change for Wellness	<b>FITT 1495</b> – Special Topics in Kinesiology and Exer. Sci.
Total semester hours: 15	Total semester hours: 17

**Second Year – Tyler Junior College**

It's best to apply to Midwestern State a full semester before you plan to transfer. It will help if you submit a copy of this pathway with your application.

<b>FIRST SEMESTER</b>	<b>SECOND SEMESTER</b>
<b>FITT 2313</b> – Exercise Science	<b>FITT 2409</b> – Theory of Exer. Prog. Design and Instruction
<b>FITT 1401</b> – Fitness and Exercise Testing	<b>SPCH 1315</b> – Public Speaking * (010)
<b>FITT 1394</b> - Special Topics in Kinesiology and Exer. Sci	<b>PSYC 2314</b> – Lifespan Growth and Development * (080)
Total semester hours: 10	<b>XXXX X3XX</b> – Creative Arts Core * (050)
	<b>ENGL 1301</b> – Composition I (010)
	<b>FITT 2264</b> – Practicum (or Field Exp.) – Health/Phys. Ed.
	Total semester hours: 18

**AAS: Wellness and Exercise Science**

You will need to apply for the associate's degree at your community college. Contact your advisor there for more information.

**Third Year – Midwestern State University Online BAAS Healthcare Administration (HCA) Concentration**

<b>FIRST SEMESTER</b>	<b>SECOND SEMESTER</b>
<b>ENGL 1302</b> (or Communications II Core)	<b>Any</b> Computer Science Proficiency Course
<b>Any</b> Lang, Phil, Culture Core	<b>Any</b> College Level Math Core
<b>HIST 1133</b> (American History I)	<b>HIST 1233</b> (American History II)
<b>POLS 1333</b> (GOVT 2305-Federal Govt)	<b>POLS 1433</b> (GOVT 2306-Texas Govt)
<b>Cultural &amp; Global Understanding</b>	Undergraduate Inquiry & Creativity

**Fourth Year – Midwestern State University Online BAAS Healthcare Administration (HCA) Concentration**

<b>FIRST SEMESTER</b>	<b>SECOND SEMESTER</b>
Select HCA Concentration Courses with Advisor	Select HCA Concentration Courses with Advisor
Select HCA Concentration Courses with Advisor	Select HCA Concentration Courses with Advisor
Select HCA Concentration Courses with Advisor	Select HCA Concentration Courses with Advisor
Select HCA Concentration Courses with Advisor	Select HCA Concentration Courses with Advisor
Select HCA Concentration Courses with Advisor	Select HCA Concentration Courses with Advisor
Select HCA Concentration Courses with Advisor	BAAS 4113, Capstone Project

**This is not an official degree plan. Check with an advisor; degree plans may change in later catalogs.** Part-time students may also follow this sequence. Developmental coursework may be required.

\* You may take a different course to meet this requirement. A specific list is available from your advisor.

c This course counts for the Core Curriculum at any public college or university in Texas.

() Course numbers shown in parentheses are equivalent to these courses at Midwestern State University.

For questions about the University portion of this guided pathway,  
Contact the Academic Advising Office at (940) 397-4400 or [www.mwsu.edu/baas](http://www.mwsu.edu/baas)