Fall 1	Credits	Success Marker
COMS 100	3	
ENGL 103	3	*C or better
GE: Creativity & Critical Analysis	3	
PHHE 295	3	
UNIV 101	1	
Elective	3	
Total hours	**16**	ALEKS Math Placement Exam
Notes/Comments:		

Spring 1	Credits	Success Marker
BIOS 103	3	
BIOS 105	1	
ENGL 203	3	*C or better
GE: Creativity & Critical Analysis	3	
Elective	3	** receive an S grade
Elective	3	
Total hours	**16**	
Notes/Comments:		

Fall 2	Credits	Success Marker
MATH 104/105* or MATH 110*	3-4	*C or better, Or A or B ALEKS Placement
PHHE 315	3	
PHHE 404 or 437, 406, 408, 410, or 412	3	
NUTR 201 or 406	3	
Elective	3	
Total hours	**15-16**	
Notes/Comments: If Level A or B ALEKS Math Placement, a course to meet NIU Quantitative Literacy should be taken.		

Spring 2	Credits	Success Marker
CHEM 110	3	
CHEM 111	1	
PHHE 461	3	
PHHE 325	3	*Course chosen in consultation with advisor
Elective	3	
Elective	3	
Total hours	**16**	
Notes/Comments:		

Fall 3	Credits	Success Marker
PHHE 455	3	
BIOS 109-357	3-5	
PHHE 435, 439, or 463	3	
PHHE 335	3	
Elective	3	
Total hours	**15-17**	
Notes/Comments:		

Spring 3	Credits	Success Marker
BIOS 213	3	
Elective	3	
PHHE 404 or 437, 406, 408, 410, or 412	3	
PHHE 487	1	*C or better
Elective	3	
Elective	3	
Total hours	**16**	
Notes/Comments:		

Fall 4	Credits	Success Marker
Elective	3	
PHHE 431	3	
PHHE 465	3	
Elective	3	
Elective	3	
Total hours	**15**	
Notes/Comments: Apply for graduation (2/1 for May, 6/15 for August, or 9/1 for December)		

Spring 4	Credits	Success Marker
PHHE 351	3	
PHHE 489	6	• Meet all degree requirements based on courses in progress.
Elective	3	
Total hours	**12**	
Notes/Comments:		

Notes/Comments: This plan is an example of what a four year plan could look like for a typical student. Placement exam scores in math as well as the completion of coursework may change the plan. It should not be used in the place of regular academic advising appointments. All students are encouraged to meet with their advisor each semester to discuss course scheduling. All requirements are subject to change by NIU.