

## Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

**Full-time student:** Follow the green semester blocks in order.

**Part-time student:** Follow the blue course sequence at your own pace.

**Students should meet with an advisor each semester** to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 (301.846.2625 TDD) for advising.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer and January term classes may help students to make faster progress.

General Education CORE courses can often be taken in any semester. One course must be designated as a Cultural Competence course. A minimum of nine credits must be taken at the 200 level. Refer to the college catalog for course details and the list of General Education and Cultural Competence classes. <http://www.frederick.edu/class-schedules.aspx#catalog>

Students are strongly recommended to consult an FCC advisor to select elective courses. Students planning to transfer may also reference ARTSYS, the Maryland Articulation System, [www.artsys.usmd.edu](http://www.artsys.usmd.edu).



Take this course within the first 24 credits.



Milestone course – take within recommend credit range to stay on track for completion.



This course is offered in the fall semester only.



This course is offered in the spring semester only.

## 1 Recommended First Semester

1	Gen Ed CORE	EN 101 English Composition		3 credits
2	Gen Ed CORE	Mathematics Gen Ed		3/4 credits
3	Gen Ed CORE	PS 101 General Psychology		3 credits
4	Gen Ed CORE	BI 101 General Biology		4 credits
5	Concentration	PE 153 Introduction to Health and Exercise Sciences		3 credits

## 2 Recommended Second Semester

6	Gen Ed CORE	BI 103 Anatomy & Physiology		4 credits
7	Concentration	PE 154 Fitness for Living		3 credits
8	Gen Ed CORE	Arts Gen Ed		3 credits
9	Gen Ed CORE	Humanities Gen Ed		3 credits
10	Concentration	PE 241 Methods of Fitness and Conditioning (satisfies PE/Health requirement)		1 credit
11	Concentration	PE 247 Methods of Strength Training		1 credit

## 3 Recommended Third Semester

12	Concentration	BI 104 Anatomy & Physiology		4 credits
13	Concentration	HE 204 Health Education		3 credits
14	Concentration	HE 102 Nutrition in a Changing World or HE 200 Principles and Application of Nutrition		3 credits
15	Gen Ed CORE	ED/PS 208 Human Growth & Development		3 credits
16	Gen Ed CORE	Communications Gen Ed		3 credits

## 4 Recommended Fourth Semester

17	Gen Ed CORE	General Education Elective		3 credits
18	Concentration	Electives (See catalog or your degree plan for details on which electives should be taken)		10 credits