

Bachelor of Science in Exercise Science (BS)
2011-2012
College of Health Sciences (CHS)
Department of Health, Leisure and Exercise Science

Major Code 567*
 Concentration Codes 567 B or D or E
 Non-Teaching

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GENERAL EDUCATION 44
MAJOR REQUIREMENTS..... 97

Note: Note: Up to 18 sh of the following courses may be counted in General Education. An overall 2.0 GPA is required in the major. 18 sh must be completed at Appalachian ***C MINIMUM REQUIRED BEFORE ENROLLMENT IN E S COURSES**

MAT 1025____(4) OR above (Gen Ed: Quantitative Literacy) PSY 1200____(3) (Gen Ed themes: H&S: Individual & Society, Mind)
 *CHE 1101____(3) & *CHE 1110____(1) (Gen Ed: Sci. Inquiry) NUT 2202____(3) (Gen Ed: Wellness Literacy)
 *CHE 1102____(3) & *CHE 1120____(1) (Gen Ed: Sci. Inquiry)

Allied Core (16 sh)

*BIO 1801____(4) Biological Concepts I PHY 1103____(4) General Physics I
 CHE 2101____(3) Fundamentals of Organic Chemistry PHY 1104____(4) General Physics II
 CHE 2203____(1) Organic Chemistry Laboratory I

Exercise Science Core (33 sh)

E S 2031____(4) Human Anatomy & Physiology I *E S 3005____(3) Physiological Assessment & Program Mgt
 E S 2032____(4) Human Anatomy & Physiology II E S 3450____(3) Advanced Exercise Physiology
 E S 2005____(3) Concepts in Fitness & Performance Eval E S 3550____(4) Introduction to Biomechanics
 E S 2010____(3) Exercise Physiology (WID) E S 4555____(3) Nutritional Aspects of Exercise & Sports
 E S 2020____(3) Measurement & Eval in Exercise Science E S 4650____(1) Seminar (CAP)
 P E 1700-1889 activity courses _____(1) _____(1) [total of 2 sh]

Note: P E 1754 required for Strength and Conditioning concentration students.

REQUIRED OF ALL EXERCISE SCIENCE MAJORS: CPR PROFICIENCY _____(Certification must be valid at time of graduation)

CONCENTRATION (30 sh): CHOOSE ONE CONCENTRATION

567B Pre-Professional (30 sh)

Required Courses (9 sh)

PSY 2301____(3) Psychology of Human Growth & Development
 PSY 2401____(3) Abnormal Psychology
 E S 4050____(3) Practicum: Pre-Professional

And 21 sh with approval from advisor _____

Note: Minors in Biology, Chemistry, Health Care Management, Health Promotion, Nutrition, or Psychology may be counted as hours.

567E Clinical Exercise Physiology (30 sh)

Note: A Health Promotion Minor may be obtained by taking HP 1105, HP 2100, 2200, 3700, 4300 & NUT 2202.

Required Courses: (24 sh of which includes a 6 sh internship)

SOC 3100____(3) Gerontology E S 4635____(3) Electrocardiographic Interpretation
 HP 3700____(3) Health Behavior Change E S 4645____(3) Cardiopulmonary Pathophysiology & Rehab
 E S 4625____(3) Concepts of Clinical Exercise Testing E S 4660____(3) Exercise Prescription & Chronic Disease Mgt
 #E S 3900____(6-12) Internship (6 sh minimum required)

#If internship is done for 6 sh, you must choose 6 sh of electives from the following courses:

A T 1600____(2) Intro to Athletic Training H P 3200____(3) Health Risk Appraisal
 NUT 4552____(1) Medical Terminology/Records PHY 4820____(3) Medical Physics
 H P 2100____(3) Health Program Planning & Eval I BIO 4563____(3) Biology of Aging
 H P 2200____(3) Lifestyle Disease & Risk Reduction E S 3500____(1-4) Independent Study

567D Strength & Conditioning (30 sh)

Required Courses (14 sh)

E S 4000____(3) Strength and Conditioning Theory and Practice A T 1600____(2) Intro to Athletic Training
 E S 4060____(3) Practicum: Strength & Conditioning P E 4002____(3) Psychological Aspects of Sport
 E S 4600____(3) Survey of Sports Performance

And 16 sh with approval from advisor _____

Note: Minors in Biology, Chemistry, Health Care Management, Health Promotion, Nutrition, or Psychology may be counted as hours.

MINOR NOT REQUIRED (Although a minor is not required, a minor may be obtained as noted above by the concentrations.)

FREE ELECTIVE (to total a minimum of 122 sh) 2

Note: 2 sh of free electives outside the major discipline are required

General Education Courses taken for the major – Up to 18

TOTAL 125

SEE REVERSE FOR PREREQUISITES

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COURSE:

BIO 1801
BIO 4563
CHE 1101
CHE 1102
CHE 2101
CHE 2203
ES 2010
ES 2020
ES 2031
ES 2032
ES 3005
ES 3450
ES 3550
ES 3900
ES 4000
ES 4050
ES 4060
ES 4555
ES 4600
ES 4625
ES 4635
ES 4645
ES 4650
ES 4660
PE 4002
PHY 1103
PHY 1104
PHY 4820
PSY 2301
PSY 2401

PREREQUISITES:

Corequisite: CHE 1101
BIO 1801
Pre- or Corequisite: CHE 1110
CHE 1101 & 1110; Pre- or Corequisite: CHE 1120
CHE 1102 & 1120; Pre- or Corequisite: CHE 2203
CHE 1102 & 1120; Pre- or Corequisite: CHE 2101 or 2201
ES 2000 or equivalent
MAT 1025 or higher
BIO 1101 & 1102 or BIO 1801 & 1802 or CHE 1101 & 1102
ES 2031
ES 2005 & ES 2010 or equivalent
BIO 1101 or BIO 1801 & CHE 1101 and CHE 1110 & ES 2010 or equivalent
ES 2000 or equivalent & MAT 1025 or higher
Senior Standing
ES 2010; Pre- or Corequisite: ES 3450
ES 2010 & ES 3450 or equivalent
ES 2010 & ES 3450 & ES 3350 or equivalent
ES 2000 or equivalent & ES 2010 & ES 3450; Pre- or Corequisite: CHE 2101 (or CHE 2201) & CHE 2203
ES 2010; Pre- or Corequisite: ES 3450
ES 2010 & ES 3450 or similar coursework, and senior standing
ES 3450 or equivalent, and senior standing
ES 2005 & ES 3450 or equivalent, and senior standing
Senior standing
ES 2010 & ES 3450 or equivalent, and senior standing
Permission of Instructor
Corequisite: MAT 1020 or 1025
PHY 1103
PHY 1104 or 1151
PSY 1200
PSY 1200