

# Bachelor of Science in Exercise Science (BS)

2013-2014

## 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..... 93

Note: Note: Up to 17 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 1020\_\_\_\_(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) (2 s.h. Gen Ed: Wellness Literacy)  
\*CHE 1102\_\_\_\_(3) & \*CHE 1120\_\_\_\_(1) (Gen Ed: Sci. Inquiry)

### Allied Core (12 sh)

\*BIO 1801\_\_\_\_(4) Biological Concepts I PHY 1103\_\_\_\_(4) General Physics PHY 1104\_\_\_\_(4) General Physics II

### Exercise Science Core (33 sh)

E S 2031\_\_\_\_(4) Human Anatomy & Physiology I \*E S 3005\_\_\_\_(3) Physiological Assessment & Prog Mgt (WID)  
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 E S 4555\_\_\_\_(3) Nutritional Aspects of Exercise & Sports  
E S 2020\_\_\_\_(3) Measurement & Eval in Exercise Science E S 4650\_\_\_\_(1) Seminar  
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 2210\_\_\_\_(3) Psychology of Human Growth & Development  
PSY 2212\_\_\_\_(3) Abnormal Psychology  
E S 4050\_\_\_\_(3) Practicum: Pre-Professional (CAP)

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

##### \*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 (CAP) 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 17

TOTAL ..... 122

SEE REVERSE FOR PREREQUISITES

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| <b><u>COURSE:</u></b> | <b><u>PREREQUISITES:</u></b>   |
|-----------------------|--|
| BIO 1801              | Corequisite: CHE 1101  |
| BIO 4563              | BIO 1801   |
| CHE 1101              | Pre- or Corequisite: CHE 1110  |
| CHE 1102              | CHE 1101 & 1110; Pre- or Corequisite: CHE 1120   |
| ES 2010               | ES 2030 or 2031  |
| ES 2020               | MAT 1020 or higher   |
| ES 2031               | CHE 1101 and CHE 1110; or BIO 1101 or BIO 1801. Co- or prerequisites: BIO 1102; or BIO 1802; or CHE 1102 and CHE 1120. |
| ES 2032               | ES 2031  |
| ES 3005               | ES 2005 & ES 2010, ENG 2001 or its equivalent  |
| ES 3450               | ES 2010  |
| ES 3550               | ES 2030 or 2031 and MAT 1020 or higher   |
| ES 3900               | Senior Standing  |
| ES 4000               | ES 2010; Pre- or Corequisite: ES 3450  |
| ES 4050               | ES 3005 or ES 3450   |
| ES 4060               | ES 3450 & ES 3350  |
| ES 4555               | NUT 2202 and ES 3450   |
| ES 4600               | ES 2010; Pre- or Corequisite: ES 3450  |
| ES 4625               | ES 2010  |
| ES 4635               | ES 3450  |
| ES 4645               | ES 3450  |
| ES 4650               | Senior standing  |
| ES 4660               | ES 3450  |
| H P 2100              | ENG 2001 or its equivalent   |
| PE 4002               | Permission of Instructor   |
| PHY 1103              | Corequisite: MAT 1020 or 1025  |
| PHY 1104              | PHY 1103   |
| PHY 4820              | PHY 1104 or 1151   |