

Bachelor of Science in Exercise Science (BS)
Pre-professional Concentration
 2016-2017
Beaver College of Health Sciences (BCHS)
Department of Health and Exercise Science
Revised 10/28/16

Major Code 567*
 Concentration Code 567B
 Non-Teaching

hes.appstate.edu

GENERAL EDUCATION 44
MAJOR REQUIREMENTS..... 89

Note: Up to 17 sh of the following courses may be counted in General Education. 18 sh must be completed at Appalachian.

MAT 1020____(4) OR above (MAT 1020 or 1110 counts as Gen Ed:QL) PSY 1200____(3) (Gen Ed: Liberal Studies Experience)
 CHE 1101____(3) & CHE 1110____(1) (Gen Ed: Sci. Inquiry) NUT 2202____(3) (2 sh Gen Ed: Wellness Literacy)
 CHE 1102____(3) & CHE 1120____(1) (Gen Ed: Sci. Inquiry)

A. Allied Core (12 sh)

BIO 1801____(4) Biological Concepts I PHY 1103____(4) General Physics I PHY 1104____(4) General Physics II

A cumulative GPA of 3.3 based on a minimum of 12 semester hours at Appalachian, and a B minimum in ES 2031/2032, and a B- minimum in CHE 1101/1102 and BIO 1801 is required for acceptance into the Pre-professional concentration and must be maintained to remain in the concentration. Students must be declared Exercise Science majors or minors prior to enrolling in 3000-level or higher ES courses.

B. Exercise Science Core (all courses required; 29 sh)

ES 2002____(3) Introduction to Exercise Science ES 2032____(4) Human Anatomy & Physiology II
 ES 2005____(3) Introduction to Physiological Assessment ES 3002____(3) Exercise Physiology (WID)
 ES 2020____(3) Measurement & Evaluation in Exercise Science ES 3005____(3) Advanced Physiological Assessment (CAP)
 ES 2031____(4) Human Anatomy & Physiology I ES 3550____(4) Introduction to Biomechanics
 PE 1530-1545, PE 1700-1889 activity courses____(1) ____ (1) [total of 2sh]

CONCENTRATION (30 sh):

C. Field Experience (3 sh required)

ES 4050____(3) Practicum: Pre-professional

D. Biological Sciences (minimum 3 sh required)

BIO 2400____(3) Genetics or BIO 2700 Human Genetics BIO 2410____(1) Genetics Lab
 BIO 2600____(3) Cell Biology BIO 2610____(1) Cell Biology Lab
 BIO 3301____(4) Human Systems Physiology
 BIO 3308____(4) Microbiology BIO 3800____(4) Molecular Biology
 BIO 4563____(3) Biology of Aging BIO 4568____(4) Immunology

E. Physical Sciences (minimum 4 sh required)

CHE 2101____(3) Fundamentals of Organic Chemistry CHE 2102____(1) Fundamentals of Organic Chemistry Lab
 CHE 2201____(3) Organic Chemistry I CHE 2203____(1) Organic Chemistry I Lab
 CHE 2202____(3) Organic Chemistry II CHE 2204____(1) Organic Chemistry II Lab
 CHE 4580____(3) Biochemistry I CHE 4581____(1) Biochemistry I Lab

F. Psychological Sciences (minimum 6 sh required)

PSY 2210____(3) Psychology of Human Growth & Development PSY 2212____(3) Abnormal Psychology
 PSY 2700____(3) Behavior Change PSY 3216____(3) Biological Psychology
 PSY 3653____(3) Health Psychology PSY 4562____(3) Psychology of Adulthood & Aging

G. Interdisciplinary Studies (minimum 3 sh required)

AT 1600____(3) Introduction to Athletic Training ES 3350____(3) Introduction to Motor Behavior
 ES 3500____(1-4) Independent Study ES 3590____(3) Interprof Approach to Health & Physical Activity
 ES 3600____(1) Team-Based Patient Care ES 3700____(1) Professional Development in Exercise Science
 ES 3900____(1-12) Internship ES 4100____(3) Advanced Topics in Exercise Science
 ES 4200____(3) Exercise for Special Populations ES 4300____(3) Environmental Physiology
 ES 4400____(3) Technology in Exer Prescription & Programming ES 4555____(3) Nutritional Aspects of Exercise & Sports
 HCM 2110____(3) Introduction to Health System Organization HCM 3130____(3) Managing Health Care Organizations
 HP 3800____(3) Health Program Planning & Evaluation HP 2200____(3) Lifestyle Disease & Risk Reduction
 HP/HED 3100____(3) Emergency Care and CPR HP 3200____(3) Health Risk Appraisal
 HP 3700____(3) Health Behavior Change HP 4400____(3) Weight Management
 NUT 3205____(3) Nutrition and the Life Cycle NUT 4553____(3) Medical Language for Health Professionals
 NUT 4552____(1) Medical Terminology/Records
 SOC 3100____(3) Gerontology (GenEd: Liberal Studies Experience)

**Note: Other interdisciplinary electives may be taken with advisor approval*

MINOR NOT REQUIRED

FREE ELECTIVES..... 6-9

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

General Education Courses taken for the major – Up to 17
TOTAL 122