

**Bachelor of Science in Exercise Science (BS)  
Strength and Conditioning Concentration  
2017-2018  
Beaver College of Health Sciences (BCHS)  
Department of Health and Exercise Science**

Major Code 567\*  
Concentration Code: 567D  
Non-Teaching  
CIP Code: 31.0505

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**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)
- NUT 2202\_\_\_\_(3) (2 sh Gen Ed: Wellness Literacy)
- CHE 1101\_\_\_\_(3) & CHE 1110\_\_\_\_(1) (Gen Ed: Sci. Inquiry) (Prereq: MAT 1020 or higher, or equivalent test scores)
- CHE 1102\_\_\_\_(3) & CHE 1120\_\_\_\_(1) (Gen Ed: Sci. Inquiry) (Prereq: MAT 1020 or higher, or equivalent test scores)

**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 2.5 based on at least 12 semester hours at Appalachian is required for declaration of the Exercise Science major. 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 course\_\_\_\_(1) PE 1754\_\_\_\_(1) [total of 2sh]

**CONCENTRATION (30 sh):**

**C. Field Experience (3 sh required)**

ES 4060\_\_\_\_(3) Practicum: Strength and Conditioning

**D. Strength and Conditioning (all courses required: 15 sh)**

- |  |  |
|--|--|
| ES 4000____(3) Strength and Conditioning Theory and Practice | AT 1600____(3) Introduction to Athletic Training |
| ES 4555____(3) Nutritional Aspects of Exercise & Sports      | HPE 4002____(3) Psychological Aspects of Sport   |
| ES 4600____(3) Survey of Sports Performance                  |  |

**E. Interdisciplinary Studies (12 sh required):**

- |  |   |
|--|---|
| ES 3350____(3) Introduction to Motor Behavior                | ES 3500____(1-4) Independent Study              |
| 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 4400____(3) Technology in Exer Prescription & Programming | HPE 3010____(3) Coaching Principles             |
| HPE 4320____(3) Nutrition and Health-Related Fitness         | PE 1769____(3) Personal Trainer Training        |
| NUT 3205____(3) Nutrition and the Life Cycle                 | SOC 2700____(3) Sociology of Sport              |

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

**MINOR NOT REQUIRED**

**FREE ELECTIVES ..... 6**

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

**General Education Courses taken for the major ..... – Up to 17**

**TOTAL ..... 122**