

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

Major Code 567*
 Concentration Code 567D
 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 s.h. 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 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