Bachelor of Science in Exercise Science (BS)  
2017-18  
Beaver College of Health Sciences (BCHS)  
Department of Health and Exercise Science  

Program Director: Dr. Travis Triplett  
Chair: Dr. Kelly Cole  
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colekj@appstate.edu  
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)  
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 2005 (3) Introduction to Physiological Assessment  
ES 2020 (3) Measurement & Evaluation in Exercise Science  
ES 2031 (4) Human Anatomy & Physiology I  
ES 2002-1530-1545, PE 1700-1889 activity courses(1)(1) [total of 2 sh]  
ES 2005 (3) Human Anatomy & Physiology II  
ES 2032 (3) Exercise Physiology (WID)  
ES 3005 (3) Advanced Physiological Assessment (CAP)  
ES 3550 (4) Introduction to Biomechanics  
PE 1530-1545, PE 1700-1889 activity courses________(1)________(1) [total of 2 sh]  

C. Field Experience (3 sh required)  
ES 4050 (3) Practicum: Pre-professional OR ES 4060 (3) Practicum: Strength & Cond OR ES 3900 (3) Internship  

D. Exercise Science Electives (9-12 sh required)  
AT 1600 (3) Introduction to Athletic Training  
ES 3500 (4-1) Independent Study  
ES 3600 (1) Team-Based Patient Care  
ES 3900 (1-12) Internship  
ES 4100 (3) Advanced Topics in Exercise Science  
ES 4300 (3) Environmental Physiology  
ES 4555 (3) Nutritional Aspects of Exercise & Sports  
ES 4620 (3) Cardiovascular Physiology*  
ES 4645 (3) Cardiopulmonary Pathophysiology & Rehab*  
ES 4200 (3) Exercise for Special Populations  
ES 4300 (3) Technology in Exer Prescription & Programming  
ES 4400 (3) Exercise for Special Populations  
ES 4555 (3) Concepts of Clinical Exercise Testing*  
ES 4625 (3) Concepts of Clinical Exercise Testing*  
ES 4640 (3) Exer Script for Clinical Populations*  

*With instructor approval  

E. Interdisciplinary Studies (15-18 sh required):  
BIO 2400 (3) Genetics or BIO 2700 Human Genetics  
BIO 2600 (3) Cell Biology  
BIO 3301 (4) Human Systems Physiology  
BIO 3308 (4) Microbiology  
BIO 4563 (3) Biology of Aging  
CHE 2101 (3) Fundamentals of Organic Chemistry  
CHE 2201 (3) Organic Chemistry I  
CHE 2202 (3) Organic Chemistry II  
CHE 4580 (3) Biochemistry I  
HCM 2110 (3) Introduction to Health System Organization  
PH 3800 (3) Health Program Planning & Evaluation  
PH/HED 3100 (3) Emergency Care and CPR  
PH 3700 (3) Health Behavior Change  
NUT 3205 (3) Nutrition and the Life Cycle  
NUT 4552 (1) Medical Terminology/Records  
PSY 2210 (3) Psychology of Human Growth & Development  
PSY 2700 (3) Behavior Change  
PSY 3653 (3) Health Psychology  
SOC 3100 (3) Gerontology (Gen Ed: Liberal Studies Experience)  
BIO 2410 (1) Genetics Lab  
BIO 2610 (1) Cell Biology Lab  
BIO 3800 (4) Molecular Biology  
BIO 4568 (4) Immunology  
CHE 2102 (1) Fundamentals of Organic Chemistry Lab  
CHE 2203 (1) Organic Chemistry I Lab  
CHE 2204 (1) Organic Chemistry II Lab  
CHE 4581 (1) Biochemistry I Lab  
HCM 3130 (3) Managing Health Care Organizations  
PH 2200 (3) Lifestyle Disease & Risk Reduction  
PH 4400 (3) Obesity Prevention  
NUT 4553 (3) Medical Language for Health Professionals  
PSY 2212 (3) Abnormal Psychology  
PSY 3216 (3) Biological Psychology  
PSY 4562 (3) Psychology of Adulthood & Aging  

Note: Minors in Biology, Chemistry, Health Care Management, Health Promotion, Nutrition, or Psychology may fulfill the Interdisciplinary Studies requirement as long as a minimum of 15 hours are completed  

MINOR NOT REQUIRED
<table>
<thead>
<tr>
<th>Course Type</th>
<th>Minimum Credits</th>
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<tbody>
<tr>
<td>FREE ELECTIVES</td>
<td>6-9</td>
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<tr>
<td>Note: 2 sh of free electives outside the major discipline are required</td>
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<tr>
<td>General Education Courses taken for the major</td>
<td>Up to 17</td>
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<tr>
<td>TOTAL</td>
<td>122</td>
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