Bachelor of Science in Exercise Science (BS)  
2016-2017  
Beaver College of Health Sciences (BCHS)  
Department of Health and Exercise Science  
Revised 10/28/16  
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 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 2032 (4) Human Anatomy & Physiology II

PE 1530-1545, PE 1700-1889 activity courses (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 (1-4) 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 3350 (3) Introduction to Motor Behavior
ES 3590 (3) Interprof Approach to Health & Physical Activity
ES 3700 (1) Professional Development in Exercise Science
ES 4000 (3) Strength & Conditioning Theory and Practice*

ES 4200 (3) Exercise for Special Populations
ES 4400 (3) Technology in Exer Prescription & Programming
ES 4600 (3) Survey of Sports Performance*

ES 4625 (3) Concepts of Clinical Exercise Testing*
ES 4660 (3) Exer Prescript 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
HP 3800 (3) Health Program Planning & Evaluation
HP/HED 3100 (3) Emergency Care and CPR
HP 3700 (3) Health Behavior Change
HP 3200 (3) Health Risk Appraisal
HP 4400 (3) Weight Management
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)

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  
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