Bachelor of Science in Exercise Science (BS)
Pre-professional Concentration

2017-2018

Beaver College of Health Sciences (BCHS)
Department of Health and Exercise Science

Major Code 567*
Concentration Code: 567B
Non-Teaching
CIP Code: 31.0505

Program Director: Dr. Travis Triplett
Chair: Dr. Kelly Cole

triplett@ appstate.edu
colekj@ 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 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 2005 (3) Introduction to Physiological Assessment
ES 2020 (3) Measurement & Evaluation in Exercise Science
ES 2031 (4) Human Anatomy & Physiology I
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

PE 1530-1545, PE 1700-1889 activity courses (1) (1) [total of 2 sh]

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 2600 (3) Cell Biology
BIO 3301 (4) Human Systems Physiology
BIO 3308 (4) Microbiology
BIO 4563 (3) Biology of Aging

E. Physical Sciences (minimum 4 sh required)

CHE 2101 (3) Fundamentals of Organic Chemistry
CHE 2201 (3) Organic Chemistry I
CHE 2202 (3) Organic Chemistry II
CHE 4580 (3) Biochemistry I

F. Psychological Sciences (minimum 6 sh required)

PSY 2210 (3) Psychology of Human Growth & Development
PSY 2700 (3) Behavior Change
PSY 3653 (3) Health Psychology

G. Interdisciplinary Studies (minimum 3 sh required)

AT 1600 (3) Introduction to Athletic Training
ES 3500 (1-4) Independent Study
ES 3600 (1-12) Internship
ES 4200 (3) Exercise for Special Populations
ES 4400 (3) Technology in Exer Prescription & Programming
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
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

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<tr>
<th>General Education Courses taken for the major</th>
<th>Up to 17</th>
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<tbody>
<tr>
<td>TOTAL</td>
<td>122</td>
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