

**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

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Chair: Dr. Kelly Cole
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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 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)

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| 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 courses____(1) ____ (1) [total of 2sh] | |

CONCENTRATION (30 sh):

C. Field Experience (3 sh required)

- ES 4050____(3) Practicum: Pre-professional

D. Biological Sciences (minimum 3 sh required)

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| BIO 2400____(3) Genetics or BIO 2700 Human Genetics | BIO 2410____(1) Genetics Lab |
| BIO 2600____(3) Cell Biology | BIO 2610____(1) Cell Biology Lab |
| BIO 3301____(4) Human Systems Physiology | |
| BIO 3308____(4) Microbiology | BIO 3800____(4) Molecular Biology |
| BIO 4563____(3) Biology of Aging | BIO 4568____(4) Immunology |

E. Physical Sciences (minimum 4 sh required)

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| CHE 2101____(3) Fundamentals of Organic Chemistry | CHE 2102____(1) Fundamentals of Organic Chemistry Lab |
| CHE 2201____(3) Organic Chemistry I | CHE 2203____(1) Organic Chemistry I Lab |
| CHE 2202____(3) Organic Chemistry II | CHE 2204____(1) Organic Chemistry II Lab |
| CHE 4580____(3) Biochemistry I | CHE 4581____(1) Biochemistry I Lab |

F. Psychological Sciences (minimum 6 sh required)

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| PSY 2210____(3) Psychology of Human Growth & Development | PSY 2212____(3) Abnormal Psychology |
| PSY 2700____(3) Behavior Change | PSY 3216____(3) Biological Psychology |
| PSY 3653____(3) Health Psychology | PSY 4562____(3) Psychology of Adulthood & Aging |

G. Interdisciplinary Studies (minimum 3 sh required)

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| AT 1600____(3) Introduction to Athletic Training | ES 3350____(3) Introduction to Motor Behavior |
| ES 3500____(1-4) Independent Study | ES 3590____(3) Interprof Approach to Health & Physical Activity |
| ES 3600____(1) Team-Based Patient Care | 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 4300____(3) Environmental Physiology |
| ES 4400____(3) Technology in Exer Prescription & Programming | ES 4555____(3) Nutritional Aspects of Exercise & Sports |
| HCM 2110____(3) Introduction to Health System Organization | HCM 3130____(3) Managing Health Care Organizations |
| PH 3800____(3) Health Program Planning & Evaluation | PH 2200____(3) Lifestyle Disease & Risk Reduction |
| PH/HED 3100____(3) Emergency Care and CPR | |
| PH 3700____(3) Health Behavior Change | PH 4400____(3) Obesity Pervention |
| NUT 3205____(3) Nutrition and the Life Cycle | |
| NUT 4552____(1) Medical Terminology/Records | NUT 4553____(3) Medical Language for Health Professionals |
| 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
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Note: 2 sh of free electives outside the major discipline are required

General Education Courses taken for the major – Up to 17
TOTAL 122