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

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

Revised 10/28/16

Major Code 567*
Concentration Code 567B
Non-Teaching

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 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 2032 (4) Human Anatomy & Physiology II
ES 2005 (3) Introduction to Physiological Assessment ES 3002 (3) Exercise Physiology (WID)
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)
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) Team-Based Patient Care
ES 3900 (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
HP 3800 (3) Health Program Planning & Evaluation
HP/HED 3100 (3) Emergency Care and CPR
HP 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

General Education Courses taken for the major ........................................................................................................ – Up to 17

TOTAL ........................................................................................................................................................................... 122

*Note: Other interdisciplinary electives may be taken with advisor approval