Bachelor of Science in Exercise Science (BS)  
Strength and Conditioning Concentration  
2017-2018  
Beaver College of Health Sciences (BCHS)  
Department of Health and Exercise Science

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

Program Director: Dr. Travis Triplett  
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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 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  
PE 1530-1545, PE 1700-1889 activity course (1)  
PE 1754 (1) [total of 2 sh]

ES 2032 (4) Human Anatomy & Physiology II  
ES 3002 (3) Exercise Physiology (WID)  
ES 3005 (3) Advanced Physiological Assessment (CAP)  
ES 3550 (4) Introduction to Biomechanics

C. Field Experience (3 sh required)

ES 4060 (3) Practicum: Strength and Conditioning  
AT 1600 (3) Introduction to Athletic Training  
HPE 4002 (3) Psychological Aspects of Sport

D. Strength and Conditioning (all courses required: 15 sh)

ES 4000 (3) Strength and Conditioning Theory and Practice  
ES 4555 (3) Nutritional Aspects of Exercise & Sports  
ES 4600 (3) Survey of Sports Performance  
AT 1600 (3) Introduction to Athletic Training  
HPE 4002 (3) Psychological Aspects of Sport

E. Interdisciplinary Studies (12 sh required):

ES 3350 (3) Introduction to Motor Behavior  
ES 3700 (1) Professional Development in Exercise Science  
ES 4100 (3) Advanced Topics in Exercise Science  
ES 4400 (3) Technology in Exercise Prescription & Programming  
HPE 4320 (3) Nutrition and Health-Related Fitness  
NUT 3205 (3) Nutrition and the Life Cycle  
ES 3500 (1-4) Independent Study  
ES 3900 (1-12) Internship  
ES 4200 (3) Exercise for Special Populations  
HPE 3010 (3) Coaching Principles  
PE 1769 (3) Personal Trainer Training  
SOC 2700 (3) Sociology of Sport

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

MINOR NOT REQUIRED

FREE ELECTIVES ................................................................................................................................................. 6

Note: 2 sh of free electives outside the major discipline are required

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

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