

I. GENERAL EDUCATION ..... 44

II. MAJOR REQUIREMENT ..... 96

*An overall 2.0 GPA is required in the major/18 sh must be completed at Appalachian*

MAT 1025\_\_\_(4) or above (**Gen Ed: Quantitative Lit.**) PSY 1200\_\_\_(3) (**Gen Ed themes: H&S: Individual & Society, Mind**)  
 CHE 1101\_\_\_(3) & CHE 1110\_\_\_(1) (**Gen Ed: Sci. Inq.**) P E 1745\_\_\_(1) & 1754\_\_\_(1) (**Gen Ed: Wellness Literacy**)  
 CHE 1102\_\_\_(3) & CHE 1120\_\_\_(1) (**Gen Ed: Sci. Inq.**) [or H P 1105\_\_\_(2) if a Health Promotion Minor is pursued]

Allied Core (20 sh)

BIO 1801___(4) Biological Concepts I	CHE 2203___(1) Organic Chemistry Lab I
BIO 3301___(4) Human Systems Physiology	PHY 1103___(4) General Physics I
CHE 2101___(3) Fundamentals of Organic Chemistry	PHY 1104___(4) General Physics II

Exercise Science Core (28 sh min)

E S 2000___(5) Human Anatomy & Physiology	E S 3450___(3) Advanced Exercise Physiology
E S 2005___(3) Concepts in Fitness & Performance Eval	E S 3550___(4) Introduction to Biomechanics
E S 2010___(3) Exercise Physiology (WID)	ES/NUT 4555___(3) Nutritional Aspects of Exercise & Sport
E S 2020___(3) Measurement & Eval in Exercise Science	E S 4650___(1) Seminar (CAP)

\* E S 3005\_\_\_(3) Physiological Assessment & Program Mgt

\*C MINIMUM REQUIRED

Concentration (31 sh) Choose one concentration

567B Pre-Professional (31 sh)

PSY 2301___(3) Psych of Human Growth & Dev
PSY 2401___(3) Abnormal Psychology
PSY 2700___(3) Behavior Change
PSY 3653___(3) Health Psychology
PSY 4562___(3) Psych of Adulthood & Aging
BIO 2400___(3) Genetics
BIO 4563___(3) Biology of Aging
BIO 4568___(4) Immunology
E S 4050___(3) Practicum: Pre-Professional
PHY 4820___(3) Medical Physics

Required of all Exercise Science Majors:

CPR Proficiency \_\_\_\_\_

(CPR certification must be current at time of graduation)

Note: PSY 1200 required in core curriculum & the five PSY courses required in the Pre-professional Concentration will constitute a Psychology Minor.

Note: BIO 3301 required in the Allied Core & BIO 2400, 4563 & 4568 required in the Pre-professional Concentration will constitute a Biology Minor.

567E Clinical Exercise Physiology (31 sh)

Required Courses: (27 sh which includes a 6 sh internship)

SOC 3100___(3) Gerontology
NUT 2202___(3) Nutrition & Health
H P 3700___(3) Health Behavior Change
E S 4625___(3) Concepts of Clinical Exercise Testing
E S 4635___(3) Electrocardiographic Interpretation
E S 4645___(3) Cardio Pathophysiology & Rehab

E S 4660___(3) Exer Prescription & Chronic Disease Mgt
*E S 3900___(6-12) Internship (6 sh minimum required)

Note: A Health Promotion Minor may be obtained by taking HP 1105 for general education & by completing HP 2100, 2200, 3200, 3700 & NUT 2202 from the Clinical Exercise Physiology Concentration.

\*If internship is done for 6 sh, you must choose 4 sh of electives from the following courses:

A T 1600___(2) Intro to Athletic Training	H P 3200___(3) Health Risk Appraisal
NUT 4552___(1) Medical Terminology/Records	E S 3500___(1-4) Independent Study
H P 2100___(3) Health Program Planning & Eval I	PHY 4820___(3) Medical Physics
H P 2200___(3) Lifestyle Disease & Risk Reduction	BIO 4563___(3) Biology of Aging

567D Strength & Conditioning (31 sh)

Required Courses (14 sh)

E S 4000___(3) Strength and Conditioning Theory and Practice	
E S 4060___(3) Practicum: Strength & Conditioning	A T 1600___(2) Intro to Athletic Training
E S 4600___(3) Survey of Sports Performance	P E 4002___(3) Psychological Aspects of Sport

And 17 sh with approval from advisor (need written verification for Dean's Office):

\* Note: A Biology Minor may be completed by taking BIO 3301 in the Allied Core & three approved Biology courses.

III. MINOR NOT REQUIRED (Although a minor is not required, a minor may be obtained as noted above by the concentrations.)

IV. FREE ELECTIVE ..... 2  
 2 sh of free electives outside the major discipline are required (Do not fall below 122)

MAT 1025, CHE 1101&1110, CHE 1102&1120, PSY 1200, PE 1745 and PE 1754 counted in general education

<u>Courses</u>	<u>Prerequisites</u>
BIO 3301	Prerequisite: one semester of organic chemistry
CHE 2101	Prerequisites: CHE 1102, CHE 1120; Pre- or Corequisite: CHE 2203
CHE 2203	Prerequisites: CHE 1102, CHE 1120; Pre- or Corequisite: CHE 2101 or CHE 2201
PHY 1103	Corequisite: MAT 1020 or MAT 1025, or Equivalent
PHY 1104	Prerequisite: PHY 1103
ES 2000	Six semester hours of biology, chemistry or physics
ES 2010	ES 2000 or equivalent
ES 2020	MAT 1025 or higher
ES 3005	ES 2005, ES 2010 or equivalent
ES 3450	BIO 1101 or BIO 1801, CHE 1101 and CHE 1110, ES 2010 or equivalent
ES 3550	ES 2000 or equivalent, MAT 1025 or higher
ES/FCS 4555	ES 2000 or equivalent, ES 2010, ES 3450; Pre- or Corequisite: CHE 2101 (or CHE 2201) & CHE 2203
ES 4650	Senior standing
PSY 2301	PSY 1200
PSY 2401	PSY 1200
PSY 2700	PSY 1200
PSY 3653	PSY 1200
PSY 4562	PSY 1200, PSY 3100 or Permission of Instructor
BIO 2400	BIO 1801, CHE 1102, MAT 1025
BIO 4568	Prerequisite or Corequisite: BIO 2400
ES 4050	ES 2010, ES 3450 or equivalent
PHY 4820	PHY 1104 or PHY 1151
ES 4625	ES 2010 & ES 3450 or similar coursework, and senior standing
ES 4635	ES 3450 or equivalent, and senior standing
ES 4645	ES 2005 & ES 3450 or equivalent, and senior standing
ES 4660	ES 2010 & ES 3450 or equivalent, and senior standing
ES 3900	Senior standing
ES 4000	ES 2010, Pre- or Corequisite: ES 3450
ES 4060	ES 2010, ES 3450, ES 3350 or equivalent
ES 4600	ES 2010, Pre- or Corequisite: ES 3450
PE 4002	Permission of Instructor