I. CORE CURRICULUM
Math 1025 (4) (ND) or above
CHE 1101 (3) (ND) & CHE 1110 (1)
CHE 1102 (3) (ND) & CHE 1120 (1)
P E 1013 (1) & 1014 (1) [or H P 1105 (2) if a Health Promotion Minor is pursued]

You must choose 17 sh from the following:

E S 4000 (3) Theoretical & Practical Aspects of Strength/Power Conditioning
E S 4600 (3) Survey of Sports Performance
E S 3900 (3) Internship

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

II. MAJOR REQUIREMENTS

A 2.0 GPA is required in all courses used to fulfill the major.

MAJOR REQUIREMENTS (28 sh min)

Exercise Science Core
E S 2000 (5) Human Anatomy & Physiology
E S 2005 (3) Concepts in Fitness & Performance Eval
E S 2010 (3) (W) Exercise Physiology
E S 2020 (3) (C/ND) Measurement & Evaluation in Exer Sci
E S 3005 (3) (S) Physio Assessment & Prog Mgt (C minimum)
E S 3450 (3) Advanced Exercise Physiology
E S 3550 (4) (C) Introduction to Biomechanics
E S/FCS 4555 (3) (CD) Nutritional Aspects of Exercise & Sport
E S 4650 (1) Seminar

Concentration (31 sh) Choose one concentration

567 B - Pre-Professional (31 sh)

E S 2020 (5) Human Anatomy & Physiology
E S 2005 (3) Concepts in Fitness & Performance Eval
E S 2010 (3) (W) Exercise Physiology
E S 2020 (3) (C/ND) Measurement & Evaluation in Exer Sci
E S 3005 (3) (S) Physio Assessment & Prog Mgt (C minimum)
E S 3450 (3) Advanced Exercise Physiology
E S 3550 (4) (C) Introduction to Biomechanics
E S/FCS 4555 (3) (CD) Nutritional Aspects of Exercise & Sport
E S 4650 (1) Seminar

Note: CORE CURRICULUM:

567 B – Pre-Professional (31 sh)

PSY 2301 (3) Psy of Human Growth & Dev
PSY 2401 (3) Abnormal Psychology
PSY 2700 (3) Behavior Change
PSY 4562 (3) (W) Psy of Adulthood & Aging
PSY 4563 (3) (W) Health Psychology
BIO 3306 (3) (ND) Genetics
BIO 4563 (3) Biology of Aging
BIO 4568 (4) Immunology
E S 4050 (3) Practicum: Pre-professional
PHY 4820 (3) (C) Medical Physics

Required Courses: (24 sh which includes a 6 sh internship)

SOC 3100 (3) Gerontology
FCS 2202 (3) Nutrition & Health
H P 3700 (3) Health Behavior Change
E S 3635 (3) ECG/Exercise Test Interpretation
E S 3645 (3) Cardiopulmonary Pathophysiology & Rehabil
E S 3660 (3) Exer Prescrip & Chronic Disease Mgt

E S/FCS 4555 (3) (CD) Nutritional Aspects of Exercise & Sport

Note: 567 C – Wellness/Cardiac Rehabilitation (31 sh)

Required of all Exercise Science Majors:

CPR Proficiency
Wellness/Cardiac Rehabilitation Concentration must also complete: First Aid Certification

Required of all Exercise Science Majors:

CPR Proficiency
Wellness/Cardiac Rehabilitation Concentration must also complete: First Aid Certification

Note: A Health Promotion Minor may be obtained by taking

H P 3700 (3) Health Behavior Change
H P 3700 (3) Health Behavior Change

567 C – Wellness/Cardiac Rehabilitation (31 sh)

E S 4600 (3) Survey of Sports Performance
E S 4060 (3) Practicum: Strength & Conditioning
E S 4000 (3) Theoretical & Practical Aspects of Strength/Power Conditioning

And choose 17 sh from the following:

*Note: A Biology Minor may be completed by taking BIO 3301 in the Allied Core & three of these 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 sh of free electives outside the major discipline are required (Do not fall below 122)
Exercise Science

**ENGLISH (6 s.h.)**
- English 1000 (W)
- English 1100 (W) or 1510 (W)

**MATHEMATICS (4 s.h.)**
- Math 1010 (ND, C, CD)
- Math 1030 (ND, C)
- Math 1020 (ND)
- Math 1110 (ND)

*Math 1025 or higher Required for Major

**PHYSICAL ACTIVITY/WELLNESS (2 s.h.)**
- Health Promotion 1000-1049 (1)
- Health Promotion 1057 (1)
- Health Promotion 1071-1080 (1)

PE majors only: PE 3008 (2)

*PE 1013 & PE 1014 Required for Major
or HP 1105 (if Health Promotion Minor is pursued)

**NATURAL SCIENCES (8 s.h. of a sequence)**
- Astronomy 1001 (ND)
- Biology 1101 (ND)
- Chemistry 1101 (ND), 1110
- Geology 1080 (ND, CD)
- Geology 1101 (ND)
- Physics 1101 (ND)
- Physics 1103 (ND)
- Physics 1150 (ND)

*Required for Major

**SOCIAL SCIENCES (History - 6 s.h.)**
- History 1101 (MC)
- History 1102 (MC)
- History 1510 (W, MC)
- History 1515 (W, MC)

**OTHER SOCIAL SCIENCES (6 s.h.)**
- Anthropology 1215 (MC)
- Anthropology 2411 (W, MC)
- Economics 1010, 2030
- Family and Consumer Sciences 2103 (C)
- General Honors 1515 (CD, W, S, MC*, ND*, C*)
- Geology 1010 (ND, CD)
- Geology 1101 (ND)
- Interdisciplinary Studies 1010*, 1102*, 1103*, 1104*, 2201*-2206* (W*, S*, MC*, CD*)
- Psychology 1200
- Sociology 1000, 1100, 1110, 2700, 2850 (W)
- Technology 2029 (W, MC, CD)

*Required for Major

**HUMANITIES (12 s.h.)**
- Appalachian Studies 2411 (W, MC, CD)
- Anthropology 1215 (MC)
- Anthropology 2411 (W, MC)
- Economics 1010, 2030
- Family and Consumer Sciences 2103 (C)
- General Honors 1515 (CD, W, S, MC*, ND*, C*)
- Geography 1010 (ND, CD)
- Geology 1101 (ND)
- Interdisciplinary Studies 1101*, 1102*, 1103*, 1104*, 2201*-2206* (W*, S*, MC*, CD*)
- Psychology 1200
- Sociology 1000, 1100, 1110, 2700, 2850 (W)
- Technology 2029 (W, MC, CD)

*Required for Major

**Science Sequence:**
- G.S. Physics 1010 (ND) or G.S. Biology 1040 (ND)
- G.S. Astronomy 1010 (ND) and G.S. Chemistry 1020 (ND)
- G.S. Geology 1030 (ND)
- G.S. Physics 1010 (ND) or G.S. Astronomy 1010 (ND)
- G.S. Chemistry 1020 (ND)

**Core Course Checklist:**
- Math 1025 or higher Required for Major