

Bachelor of Science (BS)
Non-Teaching

Degree Code 567*

Concentration Codes 567 B or C or D

I. **CORE CURRICULUM**..... 44

- Math 1025___(4) (ND) or above PSY 1200___(3)
- CHE 1101___(3) (ND) & CHE 1110___(1) ANT 1215___(3) (MC)
- 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]

II. **MAJOR REQUIREMENT** 79

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

Allied Core (20 sh)

- BIO 1101___(4) (ND) Introduction to Life Science
- BIO 3301___(4) (W/ND) Animal Physiology
- CHE 2101___(3) Fundamentals of Organic Chemistry
- CHE 2203___(1) Organic Chemistry Lab I
- PHY 1103___(4) (ND) General Physics I
- PHY 1104___(4) (ND) General Physics II

Exercise Science Core (28 sh min)

- 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
- ES/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)

- 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 4653___(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) Medical Physics

567 C - Wellness/Cardiac Rehabilitation (31 sh)

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 Pathophysio and Rehabil
- E S 3660___(3) Exer Prescrip & Chronic Disease Mgt
- *E S 3900___(6-12) Internship (6 sh minimum required)

*If internship is done for 6 sh, you must choose 7 sh of electives from the following courses (if a 12 sh internship is done, 1 sh of an elective is needed from the following):

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

567 D - Strength & Conditioning (31 sh)

Required Courses (14 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
- A T 1600___(2) Intro to Athletic Training
- P E 4002___(3) Psychological Aspects of Sport

And choose 17 sh from the following:

- *BIO 3306___(3) (ND) Genetics
- *BIO 3800___(4) (W/ND/C) Molecular Biology
- *BIO 4563___(3) Biology of Aging
- *BIO 4568___(4) Immunology
- P E 2002___(3) Motor Skill Learning
- PHY 4820___(3) Medical Physics
- E S 3900___(3) Internship

*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

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

Major Designators

- 2 Writing (W) _____
- 1 Speaking (S) _____
- *Com Proficiency _____
- *A "C" minimum in ES 3005 satisfies Communication Proficiency.

Other Designators

- 4 Writing (W) _____
- (English 1000/1100 will count as 2 W)
- 4 Multi-cul (MC) _____
- (His 1101/1102 will count as 2 MC)
- 2 Num Data (ND) _____
- 2 Computer (C) _____
- 1 Cross-dis (CD) _____

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 3306, 4563 & 4568 required in the Pre-professional Concentration will constitute a Biology Minor.

Required of all Exercise Science Majors:

CPR Proficiency _____

Wellness/Cardiac Rehabilitation Concentration must also complete: First Aid Certification _____
(Proficiencies must be current at time of graduation)

Note: A Health Promotion Minor may be obtained by taking HP 1105 for core curr & by completing HP 2100, 2200, 3200, 3700 & FCS 2202 from the Wellness/Cardiac Rehabilitation Concentration.

NAME _____

MAJOR Exercise Science

_____ Passed _____ Completed MAT 0010

ENGLISH (6 s.h.)

_____ English 1000 (W)
_____ English 1100 (W) or _____ 1510 (W)

NATURAL SCIENCES (8 s.h. of a sequence)

_____ Astronomy 1001 (ND) _____ 1002 (ND)
_____ Biology 1101(ND) _____ 1102(ND)
* _____ Chemistry 1101 (ND),1110 * _____ 1102 (ND),1120
_____ Geology 1080 (ND, CD) _____ 1090 (ND, CD) or
_____ Geology 1101 (ND) _____ 1102 (ND, CD) or
_____ Geology 1101 (ND) _____ 1103 (ND) or
_____ Geology 1510 (W, ND) _____ 1511 (W, ND)
_____ Physics 1101 (ND) _____ 1102 (ND) or
_____ Physics 1103 (ND) _____ 1104 (ND) or
_____ Physics 1150 (ND) _____ 1151 (ND)

***Required for Major**

General Science Sequence:

_____ G.S. Physics 1010 (ND) or _____ G.S. Astronomy 1010 (ND) and _____ G.S. Chemistry 1020 (ND) followed by:
_____ G.S. Geology 1030 (ND) and _____ G.S. Biology 1040 (ND)

SOCIAL SCIENCES (History - 6 s.h.)

_____ History 1101 (MC) & _____ History 1102 (MC) or _____ History 1510 (W, MC) & _____ History 1515 (W, MC) or _____ HIS 1103**(MC)

****If received an "A" in High School World Civ/World His class may take HIS 1103 instead of 1101 & 1102. If taking 1103 must take 3 courses from other Social Sciences in at least 2 different areas.**

OTHER SOCIAL SCIENCES (6 s.h.)

Choose TWO courses from different areas, THREE if HIS 1103 chosen above. (*Approved on a semester by semester basis)

***ANT 1215** _____ Anthropology 1215 (MC), 1220, 2335 (MC), 2420 (MC)
_____ Appalachian Studies 2411 (W, MC, CD)
_____ Economics 1010, 2030
_____ Family and Consumer Sciences 2103 (C) (FCS 2103 or SOC 1110 to fulfill requirements, but not both)
_____ General Honors 1515* (CD, W*, S*, MC*, ND*, C*), 2515* (CD, W*, S*, MC*, ND*, C*), 2520* (CD, W*, S*, MC*, ND*, C*),
3515* (CD, W*, S*, MC*, ND*, C*)
_____ Geography 1010 or 1510, 1020 (MC) or 1515(MC), 1040 (MC); Planning 2410 (CD) or 2510
_____ Interdisciplinary Studies 1101*,1103*: 1102*, 1104*: 2201*-2206* (W*, S*, MC*, CD*)
Note: Priority enrollment given to Watauga Residential College students
_____ Interdisciplinary Studies 2411 (W, MC, CD), 2421 (MC, CD)
_____ Political Science 1000 (MC), 1100, 1200, 1201 (S), 2120 (MC), 2130, 2240 (MC)

***PSY 1200**

_____ Psychology 1200
_____ Sociology 1000, 1100, 1110, 2700, 2850 (W) (May take FCS 2103 or SOC 1110, but not both)
_____ Technology 2029 (W, MC, CD)

***Required for Major**

HUMANITIES (12 s.h.)

Choose FOUR courses from at least three areas. One course must be a LITERATURE course and one course must be from the fine arts (ART, DANCE, MUSIC or THEATRE). Courses underlined are approved for literature. (*Approved on a semester by semester basis)

_____ Appalachian Studies 2016, 2410 (W, MC, CD)
_____ Art 2011, 2013 (W, MC, CD), 2030 (MC), 2130 (W, MC)
_____ Chinese 1040 (MC), 1050 (MC)
_____ Dance 2014 (MC), 3430 (W, MC)
_____ English 2010 (W), 2020 (W), 2030 (W, MC), 2040 (W, MC), 2100 (W), 2120 (W, MC), 2130 (W, MC), 2310 (W), 2320 (W),
2510 (W), 2515 (W)
_____ English 2170 (W) (counts as a separate area; does not fulfill literature)
_____ Foreign Language 2010 (MC)
+ _____ French 1040 (MC), 1050 (MC), 1060 (MC), 3030 (W,MC), 3040 (W,MC)
_____ General Honors 1515 * (CD, W*, S*, MC*, ND*, C*), 2515* (CD, W*, S*, MC*, ND*, C*), 2520* (CD, W*, S*, MC*, ND*, C*),
3515* (CD, W*, S*, MC*, ND*, C*)
+ _____ German 1040 (MC), 1050 (MC), 1060 (MC), 3015 (W, MC), 3025 (W, MC), 3050 (MC), 3055 (W, MC), 3550 (W, MC)
_____ Interdisciplinary Studies 1101*, 1103*: 1102*, 1104*: 2201*-2206* (W*, S*, MC*, CD*)
Note: Priority enrollment given to Watauga Residential College students
_____ Interdisciplinary Studies 2410 (W, MC, CD), 2420 (MC, CD)
+ _____ Japanese 1040 (MC), 1050 (MC)
_____ Latin 1040 (MC), 1050 (MC), 3010 (MC), 3020 (MC)
_____ Music 2011 (MC), 2013 (W, MC, CD), 2014, 2015, 2016, 2017, 2018 (MC), 2020
Music majors only: 1611 (W, MC), 2611 (MC, CD), 2612 (W, MC, CD), 3611 (W, MC, CD)
_____ Philosophy 1000 (W), 1040 (W), 1100, 2000 (W), 2013 (W, MC, CD) counts as a HUM FA, 2015 (W, MC, CD),
3013 (W, CD), 3600 (W)
_____ Religion 1020 (MC), 2010 (W, MC), 2013 (W, MC, CD) counts as a HUM FA, 2020 (W, MC), 2025 (W, MC), 2026 (W, MC),
2030 (MC), 2040 (W, MC)
_____ Russian 1040 (MC), 1050 (MC)
+ _____ Spanish 1040 (MC), 1050 (MC), 1060 (MC), 3015 (W, MC), 3025 (W, MC), 3050 (W, MC), 3055 (W, MC)
_____ Theatre 2011, 2015 (MC,CD), 2610 (W, S), 3640 (S), 3730 (W, MC,CD),3733 (W,MC,CD), 3735 (W, MC, CD)

+Foreign Language Placement Exam Required before Enrollment