

Bachelor of Science (BS)

Non-Teaching

Degree Code 567\*

Concentration Codes 567 B or C or D

Exercise Science

(HLES.Appstate.edu)

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
- PHY 1104 (4) (ND) General Physics

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
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**ENGLISH (6 s.h.)**

\_\_\_\_\_ English 1000 (W)  
\_\_\_\_\_ English 1100 (W) or \_\_\_\_\_ 1510 (W)

**MATHEMATICS (4 s.h.)**

\_\_\_\_\_ Math 1010 (W, ND, C) \_\_\_\_\_ Math 1030 (ND, C)  
\_\_\_\_\_ Math 1020 (ND) \_\_\_\_\_ Math 1110 (ND)  
\*\* \_\_\_\_\_ Math 1025 (ND) \_\_\_\_\_ Math 1120 (ND)

**\*\*Math 1025 or higher required for Major**

**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)

**PHYSICAL ACTIVITY/WELLNESS (2 s.h.)**

\_\_\_\_\_ DAN 1400 (2) \_\_\_\_\_ 1410 (2) \_\_\_\_\_ 1420 (2) \_\_\_\_\_ 2400 (2)  
\_\_\_\_\_ DAN 2410 (2) \_\_\_\_\_ 2420 (2) \_\_\_\_\_ 3480 (2)

\_\_\_\_\_ FCS 2202 (3)

\*\* \_\_\_\_\_ HP 1105 (2)

\_\_\_\_\_ MSL 1101(1) \_\_\_\_\_ 1102 (1)

\_\_\_\_\_ MUS 1100(1)

\*\* \_\_\_\_\_ PE Activities 1000-1049 (1), \_\_\_\_\_ 1057 (1), \_\_\_\_\_ 1071-1080(1)

PE majors only: PE 3008(2)

**\*\*PE 1013 & 1014 required for major or HP 1105 required if Health Promotion Minor is pursued**

**\*\* Chemistry 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), 2015 (W, MC, CD), 3013 (W, CD), 3600 (W)  
\_\_\_\_\_ Religion 1020 (MC), 2010 (W, MC), 2013 (W, MC, CD), 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), 2712 (W, MC), 3640 (S), 3730 (W, MC, CD), 3735 (W, MC, CD)

+Foreign Language Placement Exam Required before Enrollment