

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

**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) \_\_\_\_\_

**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

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.

**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)

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.

\*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 H P 3200\_\_\_(3) (C) Health Risk Appraisal
- FCS 4552\_\_\_(1) Medical Terminology/Records E S 3500\_\_\_(1-4) Independent Study
- H P 2100\_\_\_(3) Health Program Plan & Eval I PHY 4820\_\_\_(3) Medical Physics
- H P 2200\_\_\_(3) (W) Life Disease & Risk Reduction BIO 4563\_\_\_(3) Biology of Aging

**567 D - Strength & Conditioning** (31 sh)

**Required Courses** (14 sh)

- E S 4600\_\_\_(3) Survey of Sports Performance A T 1600\_\_\_(2) Intro to Athletic Training
- E S 4060\_\_\_(3) Practicum: Strength & Conditioning P E 4002\_\_\_(3) Psychological Aspects of Sport
- E S 4000\_\_\_(3) Theoretical & Practical Aspects of Strength/Power Conditioning

**And choose 17 sh from the following:**

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

\*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)