### 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]

### II. MAJOR REQUIREMENT

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
- E S/FCS 4555 (3) (CD) Nutritional Aspects of Exercise & Sport
- E S 4650 (1) Seminar

**Concentration Codes**

<table>
<thead>
<tr>
<th>567 B</th>
<th>Pre-Professional (31 sh)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSY 2301 (3)</td>
<td>Psych of Human Growth &amp; Dev</td>
</tr>
<tr>
<td>PSY 2401 (3)</td>
<td>Abnormal Psychology</td>
</tr>
<tr>
<td>PSY 2700 (3)</td>
<td>Behavior Change</td>
</tr>
<tr>
<td>PSY 4562 (3)</td>
<td>(W) Psych of Adulthood &amp; Aging</td>
</tr>
<tr>
<td>PSY 3653 (3)</td>
<td>Health Psychology</td>
</tr>
<tr>
<td>BIO 3306 (3)</td>
<td>(ND) Genetics</td>
</tr>
<tr>
<td>BIO 4563 (3)</td>
<td>Biology of Aging</td>
</tr>
<tr>
<td>BIO 4568 (4)</td>
<td>Immunology</td>
</tr>
<tr>
<td>E S 4050 (3)</td>
<td>Practicum: Pre-professional</td>
</tr>
<tr>
<td>PHY 4820 (3)</td>
<td>Medical Physics</td>
</tr>
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</table>

**Concentration Codes**

<table>
<thead>
<tr>
<th>567 C</th>
<th>Wellness/Cardiac Rehabilitation (31 sh)</th>
</tr>
</thead>
<tbody>
<tr>
<td>E S 4625 (3)</td>
<td>Concepts of Clinical Exercise Testing</td>
</tr>
<tr>
<td>E S 4635 (3)</td>
<td>Electrophysiologic Interpretation</td>
</tr>
<tr>
<td>E S 4645 (3)</td>
<td>Cardiopulmonary Pathophysiology and Rehabilitation</td>
</tr>
<tr>
<td>E S 4660 (3)</td>
<td>Exer Prescrip &amp; Chronic Disease Mgt</td>
</tr>
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**Concentration Codes**

<table>
<thead>
<tr>
<th>567 D</th>
<th>Strength &amp; Conditioning (31 sh)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A T 1600 (2)</td>
<td>Intro to Athletic Training</td>
</tr>
<tr>
<td>F C S 4552 (1)</td>
<td>Medical Terminology/Records</td>
</tr>
<tr>
<td>H P 2100 (3)</td>
<td>Health Program Plan &amp; Eval I</td>
</tr>
<tr>
<td>H P 2200 (3)</td>
<td>(W) Life Disease &amp; Risk Reduction</td>
</tr>
</tbody>
</table>

**Concentration Codes**

<table>
<thead>
<tr>
<th>567 E</th>
<th>Free Elective (14 sh)</th>
</tr>
</thead>
<tbody>
<tr>
<td>E S 4600 (3)</td>
<td>Survey of Sports Performance</td>
</tr>
<tr>
<td>E S 4060 (3)</td>
<td>Practicum: Strength &amp; Conditioning</td>
</tr>
<tr>
<td>E S 4000 (3)</td>
<td>Theoretical &amp; Practical Aspects of Strength/Power Conditioning</td>
</tr>
</tbody>
</table>

### 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)

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*Note: A Biology Minor may be completed by taking BIO 3301 in the Allied Core & three of these Biology courses.*
NC Community College

APPALACHIAN STATE UNIVERSITY CORE CURRICULUM CHECKSHEET 2008-2009

Core Met________________

NAME____________________________________________________MAJOR_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 (ND)  

_____ Math 1120 (ND)

*Natural Sciences (8 s.h. of a sequence)

_____ Astronomy 1001 (ND)  

_____ Biology 1101 (ND)  

* _____ Chemistry 1101 (ND), 1110  

* _____ Geology 1101 (ND)  

_____ Geology 1101 (ND)  

_____ Geology 1510 (W, ND)  

_____ Physics 1101 (ND)  

_____ Physics 1103 (ND)  

_____ Physics 1150 (ND)

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

_____ DAN 1400 (2)  

_____ DAN 2410 (2)

_____ 2420 (2)  

_____ 3480 (2)  

_____ 3580 (2)

*Natural Sciences (8 s.h. of a sequence)

_____ Astronomy 1001 (ND)  

_____ Biology 1101 (ND)  

* _____ Chemistry 1101 (ND), 1110  

* _____ Geology 1101 (ND)  

_____ Geology 1101 (ND)  

_____ Geology 1510 (W, ND)  

_____ Physics 1101 (ND)  

_____ Physics 1103 (ND)  

_____ Physics 1150 (ND)

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

_____ DAN 1400 (2)  

_____ DAN 2410 (2)

_____ 2420 (2)  

_____ 3480 (2)  

_____ 3580 (2)

* SOCIAL SCIENCES (History - 6 s.h.)

_____ History 1101 (MC)  

_____ History 1102 (MC)  

_____ History 1510 (W, MC)  

_____ History 1515 (W, MC) or _____ HIS 1103** (MC)

*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), 2515 (W, MC, CD)

______ Economics 1010, 2030

______ Family and Consumer Sciences 2103 (C) (FCS 2103 or SOC 1110 to fulfill requirements, but not both)

______ Geography 1010 or 1510, 1020 (MC) or 1515 (MC), 1040 (MC), Planning 2410 (CD) or 2510


______ Interdisciplinary Studies 1101*, 1103*, 1102*, 1104*, 2201* - 2206*, 2100, 2020

**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.)

_____ Political Science 1000 (MC), 1100, 1200, 1201 (S), 2120 (MC), 2130, 2240 (MC)

*PSY 1200

______ Psychology 1200

______ Recreation Management 2400 (CD)

______ Social Work 2020

______ Sociology 1000, 1100, 1110, 2700, 2850 (W) (May take FCS 2103 or SOC 1110, but not both)

______ Technology 2029 (W, MC, CD), 3601 (CD)

______ Women's Studies 2421 (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 (counts as a HUM FA), 2410 (W, MC, CD), 2510 (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 2100 (W), 2110 (W), 2120 (W, MC), 2130 (W, MC), 2310 (W), 2320 (W), 2510 (W), 2515 (W)

______ English 2170 (counts as a separate area; does not fulfill literature)

______ Foreign Language 2010 (MC), 2025 (MC), 2510 (MC)

* French 1040 (MC), 1050 (MC), 1060 (MC), 3030 (W, MC), 3040 (W, MC)

* German 1040 (MC), 1050 (MC), 1060 (MC), 3015 (W, MC), 3025 (W, MC), 3050 (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 2210 (W, MC, CD)

______ Japanese 1040 (MC), 1050 (MC)

* Latin 1040 (MC), 1050 (MC), 3010 (MC), 3020 (MC)


* Music majors only: 1611 (W, MC), 2611 (MC, CD), 2612 (W, MC, CD), 2613, 3611 (W, MC, CD)

* Philosophy 1000, 1040 (W), 1100, 2000, 2013 (W, MC, CD counts as a HUM FA), 2015 (W, MC, CD), 3013 (W, CD), 3600 (W)


* 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)

* Women's Studies 2420 (W, MC, CD)

*Foreign Language Placement Exam Required before Enrollment

**Passed Completed MAT 0010**