

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 3653____(3) 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: (27 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 4625____(3) Concepts of Clinical Exercise Testing
- E S 4635____(3) Electrocardiographic Interpretation
- E S 4645____(3) Cardiopulmonary Pathophysio and Rehabil
- E S 4660____(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 4 sh of electives from the following courses):

- 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)

<u>Major Designators</u>	
2 Writing (W)	___
1 Speaking (S)	___
*Com Proficiency	___
*A "C" minimum in ES 3005 satisfies Communication Proficiency.	
<u>Other Designators</u>	
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)

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)

*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 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) _____ 3580 (2)
_____ FCS 2202 (3)
_____ HP 1105 (2)
_____ MSL 1101(1) _____ 1102 (1)
_____ MUS 1100(1) (May count twice)
_____ PE Activities 1000-1049 (1), _____ 1057 (1), _____ 1071-1080(1)
PE majors only: PE 3008(3)

*Chemistry sequence required for major

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

For Music Therapy Majors Only: Completion of BIO 1101 (ND) (4 sh) and ES 2000 (5 sh) will fulfill the core curriculum science requirement.

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), 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
_____ Honors 1515* (CD, W*, S*, MC*, ND*, C*), 2515* (CD, W*, S*, MC*, ND*, C*), 3515* (CD, W*, S*, MC*, ND*, C*)
_____ 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)
_____ 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 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 (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 (MC), 3055 (W, MC), 3550 (W, MC)
_____ Honors 1515 * (CD, W*, S*, MC*, ND*, C*), 2515* (CD, W*, S*, MC*, ND*, C*), 3515* (CD, W*, S*, MC*, ND*, C*)
_____ 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 2011 (MC), 2013 (W, MC, CD), 2014, 2015, 2016, 2017, 2018 (MC), 2019, 2020
_____ 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)
_____ Religious Studies 1010 (MC), 1110 (MC), 2010 (W, MC), 2020 (W, MC), 2030 (MC), 2040 (MC), 2110 (W, MC), 2120 (W, MC), 2130 (MC), 2140 (W, MC), 2150 (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)
_____ Women's Studies 2420 (W, MC, CD)

+Foreign Language Placement Exam Required before Enrollment