

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: (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
- 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.