I. CORE CURRICULUM

8 sh from one of the following science sequences:

- Biology
- Chemistry
- FCS

Math 1025 (4) required ONLY if an Exercise Science Minor is pursued

(If ECO 2030 or PSY 1200 is taken for minor, one course will count toward Social Science.)

II. MAJOR REQUIREMENTS

An overall 2.0 GPA is required in the major/18 sh must be completed at Appalachian.

- H P 2100 (3) Health Program Planning & Evaluation I
- H P 2200 (3) (W) Lifestyle Disease & Risk Reduction
- HP/HED 3100 (3) Emergency Care & CPR
- H P 3130 (3) Environmental Health
- H P 3200 (3) (C) Health Risk Appraisal
- H P 3700 (3) Health Behavior Change
- H P 4100 (2) Biostatistics
- H P 4200 (3) (W) Principles of Epidemiology
- H P 4300 (3) Smoking Cess/Alcohol Treatment Program
- H P 4400 (3) Weight Management
- H P 4701 (3) Seminar in Health Promotion
- H P 4800 (3) Health Promotion Interventions
- H P 4900 (6) Internship
- C S 1410 (2) (C) Intro to Computer Applications
- E S 2000 (5) Human Anatomy & Physiology
- E S 2005 (3) Concepts in Fitness & Performance Evaluation
- SOC 1110 (3) Marriage & Family Relations
- SOC 3100 (3) Gerontology

III. MINOR REQUIRED (Choose one of the following minors)

- Exercise Science (19 sh) [Includes ES 2005 required in major]
  - E S 2010 (3) (W) Exercise Physiology
  - E S 2020 (3) (C&ND) Meas & Eval in ES
  - E S 3005 (3) (S) Phys Assessment & Program Mgt
  - E S 3450 (3) Advanced Exercise Physiology

- Foods and Nutrition (18 sh) [Includes FCS 2202 required in core curriculum]
  - Choose 15 semester hours from the following (along with any required prerequisites):
    - FCS 1202 (3) Basic Food Science
    - FCS 2201 (2) Foods & Nutrition for Children
    - FCS 2203 (3) Org & Mgt in Food Ser
    - FCS 2204 (3) (MC) Quantity Food Prod I
    - FCS 3202 (3) (W) Quantity Food Prod II
    - FCS 3203 (3) Nutrition & the Life Cycle
    - FCS 4200 (3) (W) Advanced Nutrition I
    - FCS 4240 (3) Medical Nutrition Therapy I
    - FCS 4250 (3) Medical Nutrition Therapy II
    - FCS 4504 (3) (S) Foodsystems/Dietetics Admin
    - FCS 4520 (3) Diet & Public Health
    - FCS 4552 (1) Medical Terminology/Records
    - FCS 4555 (3) (CD) Nutritional Aspects of Exer & Sports
    - FCS/ES 4555 (3) (CD) Nutritional Aspects of Exer & Sports

- General Business (18 sh) Overall 2.0 Required
  - ACC 1050 (3) Survey of Accounting
  - ACC 2100 (3) (ND) Principles of ACC I
  - C S 3040 (3) (C&W) Fdn of Mgt Infor Systems
  - MKT 3050 (3) Principles of Marketing

- Psychology (18 sh) [Psy 1200 can be used as a Social Science & also count in minor]
  - PSY 1200 (3) General Psychology (required)
  & choose 15 sh of electives:

Suggested courses:
- Psy 1100 (3) Psy of Parenting
- Psy 2301 (3) Psy of Human Growth & Dev
- Psy 2401 (3) Abnormal Psychology
- PSY 3207 (3) (CD) Org Psy
- PSY 4562 (3) (W) Psy of Adulthood & Aging

IV. FREE ELECTIVES

2 sh of free electives outside the major discipline are required
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 1025 (ND)  
** Math 1020 (ND)  
** Math 1110 (ND)

*N math 1025 required only if an Exercise Science Minor is pursued.

PHYSICAL ACTIVITY/WELLNESS (2 s.h.)
______ DAN 1400 (2)  
______ 1410 (2)  
______ 1420 (2)  
______ 2400 (2)

NATURAL SCIENCES (8 s.h. of a sequence)
* Biology 1101 (ND)  
** Chemistry 1101 (ND), 1110  
** Geology 1101 (ND)  
** Geology 1510 (W, ND), 1511 (W, ND)  
** Physics 1101 (ND)  
** Physics 1103 (ND) or ____ Physics 1103 (ND)

* Biology or Chemistry Sequence 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)
--- Anthropology 1215 (MC), 1220, 2335 (MC), 2420 (MC)
--- Appalachian Studies 2411 (W, MC, CD), 2515 for (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* (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)
--- Psychology 1200
--- Recreation Management 2400 (CD)
--- Social Work 2020
--- *SOC 1000
--- 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), 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)
--- 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