

TRANSFER GUIDE/BDP for AS

BS, Exercise Science, 567A
Appalachian State University
2022-2023

[Department of Health & Exercise Science](#)
[Beaver College of Health Sciences](#)
Program of Study

HOW-TO Use the Transfer Guide/BDP

The Transfer Guides/BDPs have three sections:

1. The NC Community College courses are listed in the top yellow section. Recommended and/or preferred courses are provided, with the equivalent Appalachian courses listed. If a specific course is not listed, students should use the blue hyperlink to access the [Comprehensive Articulation Agreement transfer course list](#). Students are welcome to choose any CAA course; however, students should choose courses that are available at their institution and satisfy their transfer degree requirements.
2. Appalachian courses are listed in the middle gray section. Once at Appalachian, students will work with a HES advisor to develop an individual graduation plan.
3. Important transfer and major information is listed in the bottom white sections. Students should refer to these sections for information regarding program requirements and other important information the department would like students to be aware of.

Please note - Transfer Guides/BDPs are developed based on the approved curriculum for that catalog year. Depending on term of entry and the curriculum posted for that catalog year, programs of study may have changed.

Community College Coursework: 60 Transfer hours		Associate in Science				
Semester	NCCC Course	Course Name	Hours	Appalachian Equivalent	Notes	
Semester 1: 15 hours	ENG 111	Writing & Inquiry	3	RC 1000		
	MAT 171	Precalculus Algebra	4	MAT 1020	Required for major; Math UGETC	
	CHM 151	General Chemistry I	4	CHE 1101/1110	Required for major; Natural Science UGETC	
	UGETC	Humanities/Fine Arts	3			
	ACA 122	College Transfer Success	1			
		Semester hours		15		
Semester 2: 17 hours	ENG 112	Writing/Research in the Disciplines	3	RC 2001		
	CHM 152	General Chemistry II	4	CHE 1102/1120	Required for major; Natural Science UGETC	
	MAT 172, 263, 271, 272	Math UGETC	4			
	UGETC	Humanities/Fine Arts	3			
	PSY 150	General Psychology	3	PSY 1200	Required for major; Social/Behavioral Sciences UGETC	
		Semester hours		17		
Semester 3: 15 hours	PHY 151	College Physics I	4	PHY 1103	Required for major; GEC Elective	
	BIO 111	General Biology I	4	BIO 1801	Required for major; GEC Elective	
	BIO 168	Anatomy & Physiology I	4	ES 2040	Required for major; Pre-major Elective	
	UGETC	Social/Behavioral Science	3			
		Semester hours		15		
	Semester 4: 13 hours	BIO 155 OR NUT 110	Nutrition	3	NUT 2202	Required for major; Pre-major Elective
BIO 169		Anatomy & Physiology II	4	ES 2050	Required for major; Pre-major Elective	
Pre-Major Elective			3			
GEC Elective			3			
		Semester hours		13		
		Total AS degree hours		60		

Appalachian Course Work: 60 hours				
Semester 5: 16 hours	Appalachian Course	Course Name	Hours	Notes
	ES 2002	Intro to Exercise Science	3	
	ES 2005	Introduction to Physiological Assessment	3	
	NUT 2351	Global Nutrition: Emerging Health Chall	3	
	Interdisciplinary Studies Elective 1		3	A minimum total of 15 hours (5 course) required. See POS or DW for list of options
	PE Activity Course	1530-1545, 1700-1889	1	
	Free Elective		3	(STT 2820 required for graduate school admission)
Semester hours			16	
Semester 6: 14 hours	Appalachian Course	Course Name	Hours	Notes
	ES 3002	Exercise Physiology	3	Writing in the Discipline
	ES 3003	Exercise Physiology Lab	1	
	ES 3550	Introduction to Biomechanics	4	
	Exercise Science Elective 1		3	A minimum total of 12 hours (4 course) required. See POS or DW for list of options
	Interdisciplinary Studies Elective 2		3	
Semester hours			14	
Semester 7: 15 hours	Appalachian Course	Course Name	Hours	Notes
	Exercise Science Elective 2		3	
	Exercise Science Elective 3		3	
	Interdisciplinary Studies Elective 3		3	
	Interdisciplinary Studies Elective 4		3	
	Free Elective		3	
Semester hours			15	
Semester 8: 15 hours	Appalachian Course	Course Name	Hours	Notes
	ES 4660 OR 4800	CAPSTONE	3	
	Interdisciplinary Studies Elective 5		3	
	Free Elective		3	
	Exercise Science Elective 4		3	
	Free Elective		3	
Semester hours			15	
Total Appalachian hours			60	

Applying to Appalachian:

- A minimum cumulative GPA of 2.25, from all post-secondary coursework, is required for admission to Appalachian.
- Students interested in applying to Appalachian should submit an on-line application and official college transcripts to be considered for admission.
- Students hoping to attend a summer or fall term are encouraged to apply by February 15th and those hoping to attend in the spring are encouraged to apply by October 15th.

Transfer Information:

- The Beaver College of Health Sciences encourages students to work to complete an AS degree prior to transferring. If the AS degree is completed, students can estimate 2 years at Appalachian to complete the BS degree.

Articulation Agreements:

- Asheville-Buncombe Technical Community College, Catawba Valley Community College, Central Carolina Community College, Gaston College, Sandhills Community College, and Wake Technical Community College: [Health & Fitness Science](#)

Transfer Resources:

Transfer Admissions & Engagement	transfer.appstate.edu
Office of Admissions	admissions.appstate.edu
Office of Financial Aid	financialaid.appstate.edu
Scholarships	scholarships.appstate.edu
Career Development	careers.appstate.edu
University Housing	housing.appstate.edu
Off-Campus Housing	offcampushousing.appstate.edu
Campus Activities	campusactivities.appstate.edu
BCHS Advising	healthsciences.appstate.edu/students

Questions, please call Transfer Admissions & Engagement at 828-262-7877

