Appalachian State University BS in Exercise Science Catawba Valley Community College A.A.S. in Health & Fitness Science Addendum 2019-2020

| Content Cont | | CC Course # | ASU Course # | ASU Course Title | Credits | |
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| WITH 30 OR MORE HOURS OF CREDIT PRIOR TO ENROLLING AT APPALACHIAN | | General Educatio | n Requirements | | 1 | |
| ENGLLING AT APPALACHIAN | | | UCO MET | | 0 | |
| ENG 111 | | | | | | |
| ENG 112 or 114 | | | | | | |
| PSY 150 | | | | | | |
| PED 110 | | | | | | |
| UGETC HUM | | | | | | |
| MAT 143 or MAT 152 or STT 2820 | | PED 110 | PH 1105 | Health and Fitness (Wellness Literacy) | | |
| MAT 152 or STT 2820 Reasoning with Statistics (Meets Quantitative Literacy and major requirement) Recommend MAT 171 to meet pre-requisite for Chemistry and Physics upon entering Appalachian TOTAL 17/18 | | UGETC HUM | | Liberal Studies Experience | 3 | |
| MAT 171 MAT 1020 Recommend MAT 171 to meet pre-requisite for Chemistry and Physics upon entering Appalachian | | MAT 143 or | | Meets 3 hours towards Quantitative Literacy Requirement | 3 or | |
| MAT 171 MAT 1020 Recommend MAT 171 to meet pre-requisite for Chemistry and Physics upon entering Appalachian TOTAL 17/18 | | MAT 152 or | STT 2820 | · | 4 or | |
| And Physics upon entering Appalachian TOTAL 17/18 Major Requirements BIO 155 NUT 2202 Nutrition and Health BIO 168 ES 2031 Human Anatomy & Physiology I HFS 110 ES 2002 Introduction to Exercise Science HFS 111 ES 2005 Introduction to Physiological Assessment 4 HFS 111 ES 2005 Introduction to Physiological Assessment PED ELEC PE Activity classes TOTAL 21 Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training HFS 114 ES elective HFS 118 ES elective HFS 120 ES elective HFS 210 ES elective HFS 210 ES elective HFS 211 ES elective HFS 212 ES elective HFS 213 ES elective HFS 214 ES elective HFS 215 ES elective HFS 216 ES elective HFS 217 FS 218 ES elective HFS 218 ES elective FFREE Electives TOTAL 29 Free Electives | | | | | 4 | |
| Major Requirements | | MAT 171 | MAT 1020 | · · · · · · · · · · · · · · · · · · · | | |
| Major Requirements | | | | and Physics upon entering Appalachian | | |
| Major Requirements | | | | | | |
| BIO 155 | | | | TOTAL | 17/18 | |
| BIO 168 | | Major Requireme | ents | | | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training 3 HFS 114 ES elective 4 HFS 118 ES elective 4 HFS 120 ES elective *{ES electives may be used in either major electives section} 3 HFS 210 ES elective 3 HFS 212 ES elective 3 HFS 218 ES elective 4 PSY 275 PSY 3653 Health Psychology 3 TOTAL 29 Free Electives | - | BIO 155 | NUT 2202 | Nutrition and Health | 3 | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training 3 HFS 114 ES elective 4 HFS 118 ES elective 4 HFS 120 ES elective *{ES electives may be used in either major electives section} 3 HFS 210 ES elective 3 HFS 212 ES elective 3 HFS 218 ES elective 4 PSY 275 PSY 3653 Health Psychology 3 TOTAL 29 Free Electives | te | BIO 168 | ES 2031 | Human Anatomy & Physiology I | 4 | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training HFS 114 ES elective HFS 118 ES elective HFS 120 ES elective *{ES electives may be used in either major electives section}} HFS 210 ES elective HFS 212 ES elective HFS 212 ES elective HFS 218 ES elective PSY 275 PSY 3653 Health Psychology TOTAL 29 Free Electives | Credits Comple | BIO 169 | ES 2032 | Human Anatomy & Physiology II | 4 | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training HFS 114 ES elective HFS 118 ES elective HFS 120 ES elective *{ES electives may be used in either major electives section}} 3 HFS 210 ES elective HFS 212 ES elective HFS 218 ES elective PSY 275 PSY 3653 Health Psychology TOTAL 29 Free Electives | | HFS 110 | ES 2002 | Introduction to Exercise Science | 4 | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training HFS 114 ES elective HFS 118 ES elective HFS 120 ES elective *{ES electives may be used in either major electives section}} 3 HFS 210 ES elective HFS 212 ES elective HFS 218 ES elective PSY 275 PSY 3653 Health Psychology TOTAL 29 Free Electives | | HFS 111 | ES 2005 | Introduction to Physiological Assessment | 4 | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training HFS 114 ES elective HFS 118 ES elective HFS 120 ES elective *{ES electives may be used in either major electives section}} 3 HFS 210 ES elective HFS 212 ES elective HFS 218 ES elective PSY 275 PSY 3653 Health Psychology TOTAL 29 Free Electives | | PED ELEC | | PE Activity classes | 2 | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training HFS 114 ES elective HFS 118 ES elective HFS 120 ES elective *{ES electives may be used in either major electives section}} 3 HFS 210 ES elective HFS 212 ES elective HFS 218 ES elective PSY 275 PSY 3653 Health Psychology TOTAL 29 Free Electives | | | | | | |
| Exercise Science/Interdisciplinary Studies Electives HEA 112 PH 3100 Emergency Care and CPR HFS 116 AT 2005 Concepts in Athletic Training HFS 114 ES elective HFS 118 ES elective HFS 120 ES elective *{ES electives may be used in either major electives section}} HFS 210 ES elective HFS 212 ES elective HFS 212 ES elective HFS 218 ES elective PSY 275 PSY 3653 Health Psychology TOTAL 29 Free Electives | | | | TOTAL | 21 | |
| HFS 116 | | | | | | |
| HFS 114 ES elective 4 HFS 118 ES elective *{ES electives may be used in either major electives section} 3 HFS 210 ES elective 3 HFS 212 ES elective 3 HFS 218 ES elective 4 PSY 275 PSY 3653 Health Psychology 3 Free Electives | | HEA 112 | PH 3100 | Emergency Care and CPR | 2 | |
| HFS 118 ES elective *{ES electives may be used in either major electives section} 3 HFS 210 ES elective 3 HFS 212 ES elective 3 HFS 218 ES elective 4 PSY 275 PSY 3653 Health Psychology 3 TOTAL 29 Free Electives | | HFS 116 | AT 2005 | Concepts in Athletic Training | 3 | |
| HFS 120 ES elective *{ES electives may be used in either major electives section} 3 HFS 210 ES elective 3 HFS 212 ES elective 3 HFS 218 ES elective 4 PSY 275 PSY 3653 Health Psychology 3 TOTAL 29 Free Electives | | HFS 114 | ES elective | | 4 | |
| HFS 210 | | HFS 118 | ES elective | | 4 | |
| HFS 210 | | HFS 120 | ES elective | *{ES electives may be used in either major electives section} | 3 | |
| HFS 212 | | | | | | |
| HFS 218 | | | | | | |
| PSY 275 PSY 3653 Health Psychology 3 TOTAL 29 Free Electives | | | | | 4 | |
| TOTAL 29 Free Electives | | | | Health Psychology | | |
| Free Electives | | | | , ,, | | |
| Free Electives | | | | TOTAL | 29 | |
| | | Free Electives | | 101712 | | |
| TOTAL N/A | | | | | | |
| | | | | TOTAL | N/A | |
| TOTAL N/A | | | | TOTAL | ,,, | |
| TOTAL TRANSFERRED TOWARDS EXERCISE SCI DEGREE 67/68 | | | | TOTAL TRANSFERRED TOWARDS EXERCISE SCI DEGREE | 67/68 | |

| ASU Course # | ASU Course Title | Credits |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------|---------|
| General Education Requirement | nts | |
| CHE 1101 & 1110 | Introductory Chemistry I (Science Inquiry) | 4 |
| CHE 1102 & 1120 | Introductory Chemistry II (Science Inquiry) | 4 |
| | Integrative Learning Experience (w/designations) | 9 |
| | Liberal Studies Experience (w/designations) | 6 |
| | TOTAL | 23 |
| Major Requirements | | |
| MAT 1020 | College Algebra with Applications (if MAT 171 not taken at CVCC) | 0 or 4 |
| BIO 1801 | Biological Concepts I | 4 |
| PHY 1103 | General Physics I | 4 |
| PHY 1104 | General Physics II | 4 |
| ES 2020 or STT 2810 or STT 2820 | Measurement and Evaluation or Introduction to Statistics or Reasoning with Statistics (if not taken at CCCC) | 0/3/4 |
| ES 3005 | Advanced Physiological Assessment (CAP) | 3 |
| ES 3002 | Exercise Physiology (WID) | 3 |
| ES 3550 | Introduction to Biomechanics | 4 |
| ES 3900 | Field Experience (Internship or Practicum ES 4050/4060) | 3 |
| | TOTAL | 29/30 |
| | | |
| | TOTAL (120 required for degree) | 120 |

Residency Requirements:

- 50 hours must be from a senior institution
- 30 hours must be from ASU
- 18 hours in the major must be from ASU
- 9 hours in the minor must be from ASU (if applicable)