

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

CC Course #	ASU Course #	ASU Course Title	Credits
General Education Requirements			
	UCO MET	FIRST YEAR SEMINAR WAIVED FOR TRANSFER STUDENTS WITH 30 OR MORE HOURS OF CREDIT PRIOR TO ENROLLING AT APPALACHIAN	0
ENG 111	RC 1000	Expository Writing	3
ENG 112 or 114	RC 2001	Writing Across the Curriculum	3
PSY 150	PSY 1200	Psychological Foundations (Liberal Studies Experience)	3
PED 110	PH 1105	Health and Fitness (Wellness Literacy)	2
UGETC HUM		Liberal Studies Experience	3
MAT 143 or MAT 152 or MAT 171	STT 2820 MAT 1020	Meets 3 hours towards Quantitative Literacy Requirement Reasoning with Statistics (Meets Quantitative Literacy and major requirement) Recommend MAT 171 to meet pre-requisite for Chemistry and Physics upon entering Appalachian	3 or 4 or 4
		TOTAL	17/18
Major Requirements			
BIO 155	NUT 2202	Nutrition and Health	3
BIO 168	ES 2031	Human Anatomy & Physiology I	4
BIO 169	ES 2032	Human Anatomy & Physiology II	4
HFS 110	ES 2002	Introduction to Exercise Science	4
HFS 111	ES 2005	Introduction to Physiological Assessment	4
PED ELEC		PE Activity classes	2
		TOTAL	21
Exercise Science/Interdisciplinary Studies Electives			
HEA 112	PH 3100	Emergency Care and CPR	2
HFS 116	AT 2005	Concepts in Athletic Training	3
HFS 114	ES elective		4
HFS 118	ES elective		4
HFS 120	ES elective	<i>*{ES electives may be used in either major electives section}</i>	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			
		TOTAL	N/A
		TOTAL TRANSFERRED TOWARDS EXERCISE SCI DEGREE	67/68

Credits Complete

ASU Course #	ASU Course Title	Credits
General Education Requirements		
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)