**FIRST YEAR SEMINAR**

- **UCO 1200, HON 1515, or WRC 1103** (3 of 6 s.h. will count here) or **UCO MET** (0 s.h.)

*open to students who: 1. graduated from high school more than one year prior to entering Appalachian; 2. are classified as transfer students by Admissions; AND 3. have earned 30 or more semester hours at one or more other institutions prior to entering Appalachian. Credit by exam, university placement credit, credit for life experience or military experience, and courses taken at Appalachian are excluded from the 30 s.h. Students using this option will have 41 s.h. of General Education.

**WRITING ACROSS THE CURRICULUM (6 s.h. required)**

- R C 1000, LLC 1000, or WRC 1103 (3 of 6 s.h. will count here)
- R C 2001 or WRC 2001

**MAJOR REQUIREMENTS (hours count in major requirements)**

- Junior Writing in the Discipline ("WID" on major Program of Study)
- Senior Capstone Experience ("CAP" on major Program of Study)

**QUANTITATIVE LITERACY (4 s.h. required)**

4 s.h. courses (These courses fully complete this requirement.):

- C S 2435, MAT 1010, MAT 1020, MAT 1110, STT 2820, WRC 1010

3 s.h. courses (These courses count toward, but do not fully complete, this requirement.):

- ECO 2100, ECO 2200, MAT 1035, STT 1810, STT 2810, STT 3820

1 s.h. courses (for students who transfer 3 s.h. of QL coursework): MAT 1005, STT 1805

*If you have transferred 3 hours of QL coursework, please check with your advisor to see if your intended major requires a course which can count for the final QL hour.*

**WELLNESS LITERACY (2 s.h. required)**

Choose from the following:

1 s.h. courses: ___ P E 1530-1549, P E 1700-1877

2 s.h. courses: ___ DAN 1405, 1410, 1420, 1470, 2405, 2410, 2420, or 2430, ___ HPE 1000, MSL 1101, ___ P H 1105, ___ SSU 2280, 2480, 2580, or 4580

3 s.h. courses (additional hour may count as elective):

- DAN 4460, HPE 4320, NUT 2202, ___ P E 1718

**SCIENCE INQUIRY** requires 8 semester hours from one theme (underlined). Courses in themes marked with an * must be taken sequentially. Check the course descriptions for any pre- and/or co-requisites.

- **Biology in Society:** BIO ___1201, ___1202, and ___1203 or (for transfer credit) BIO ___1201/1204 and ___1202/1205
- **The Blue Planet:** GES ___1104 and ___1105
- **Chemistry Connections to Our Changing World:** CHE ___1101/1110 and ___1102/1120
- **Global Environmental Change:** choose 2 from: ___ BIO 1103, ___ GHY 1011, ___ GHY 1012, ___ GES 1103, ___ GES 1104
- **How Things Work:** PHY ___1101 and ___1102
- **Life, Earth and Evolution:** ANT 1430 and ___ GES 1102
- **The Physics of Our Technological World:** PHY ___1103 and ___1104
- **Physics of Self Expression:** choose 2 from: PHY ___1101, ___1102, and ___1104
- **Physics with Calculus:** PHY ___1150 and ___1151
- **Restless Planet: Earth, Environment and Evolution:** choose 2 from: GES ___1101, ___1102, ___1103
- **Voyages Through the Cosmos:** AST ___1001 and ___1002

**NOTE:** A 1 hour lab option may be available for students who have transferred in a 3 hour science lecture course. Please contact the Office of General Education at (828) 262-2028 or gened@appstate.edu for more information.
INTEGRATIVE LEARNING EXPERIENCE: Complete 9 semester hours from a single theme. Students must take courses from at least two discipline prefixes in the chosen theme with the exceptions of “Appalachian Mountains: Community, Culture, and Land” and “Experiencing Inquiry: How to Ask Questions.”

☐ American Culture: Past and Present: ___ANT 2235 (SS), ___ANT 3210 (SS), ___ENG 2120 (LS), ___HIS 2525 (HS), ___IDS 3000, ___REL 3110, ___S W 2020 (SS)

☐ Appalachian Mountains: Community, Culture, and Land: ___A S MUS 2016 (FA), ___A S 2200 (LS), ___A S GLY 3201, ___A S 2411 (SS), ___A S 3000, ___HIS 3726 (HS), ___SOC 3710 (SS)

☐ Cultivating Creative Expression: ___ART 2022 (FA), ___DAN 2360 (FA), ___ENG 2360 (LS), ___MUS 2022 (FA), ___THR 2022 (FA)

☐ Experiencing Inquiry: How to Ask Questions: ___WRC 2201 (LS), ___WRC 2202 (HS), ___WRC 3000 (SS), ___WRC 3203 (FA)

☐ Expressions of Culture: ___COM 2124 (SS), ___DAN 2020 (FA), ___DAN 2030 (FA), ___HIS/IDS 3340 (HS), ___LLC 2050, ___THR 2020 (FA)

☐ From Empire to Globalization: ___ANT 1415 (SS), ___ANT 2340 (SS), ___ENG 2040 (LS), ___GWS 2525, ___GLS 2000, ___HIS 1400 (HS), ___P S 2120

☐ How We Know What We Know About the Past: Method, Evidence, Knowledge: ___ANT 1420 (SS), ___ANT 1425 (SS), ___GLY 1842, ___HIS 2312 (HS), ___HIS 2320 (HS), ___LLC 2045 (LS)

☐ How We Tell Stories: ___C I/ITC 2100, ___ENG 2170, ___IDS 2211, ___LLC 2025 (LS), ___PHL 1502, ___REL 2020 (LS), ___THR 2005 (FA), ___THR 3640 (FA)

☐ The Human-Animal Bond: ___ENG 2430 (LS), ___ENG/S D 3715 (LS), ___GLS 3580, ___HIS 2150 (HS), ___PHL 2010, ___WRC 2100

☐ Imagination, Innovation, and Meaning: ___ANT 2440 (SS), ___DAN 2010 (FA), ___HIS 1110 (HS), ___MUS 2018 (FA), ___PHL 2013, ___THR 2010 (FA)

☐ Intersections: Race, Class, and Gender: ___ANT 2420 (SS), ___ENG 2130 (LS), ___GWS 2421, ___MUS 2023 (FA), ___PHL 3050, ___P S 3410, ___SOC 2050 (SS), ___S W 2615

☐ Las Américas: ___ANT 2300 (SS), ___GHY 3014 (SS), ___GLS 3020 (HS), ___HIS 2301 (HS), ___HIS 2302 (HS), ___LLC 2040 (LS), ___REL 3100, ___WRC 2400 (FA)

☐ Revolutions: Social and Political: ___ART 2019 (FA), ___HIS 1501 (HS), ___HIS 2340 (HS), ___MUS 2015 (FA), ___PHL 3030, ___SOC 1100 (SS), ___THR 2017 (FA)

☐ Social Relations Across Contexts: ___COM 2121, ___HIS 1120 (HS), ___PSY 2100, ___PSY 2213 (SS), ___SOC 1110 (SS)

☐ Sustainability and Global Resources: ___FCS 2110, ___FER 1000, ___GHY 1010, ___IDS 3010, ___PHL 2015, ___PHY 1830, ___S D 2400, ___TEC 2029 (SS) and 6 additional hours

☐ War and Peace: ___ANT 2222 (SS), ___GLS/JHP 2350, ___HIS/JHP 2300, ___HIS 3158 (HS), ___HIS 3823 (HS), ___P S 4225 (SS), ___REL 3170, ___SOC 3800 (SS)

☐ Recommended: choose one course from each color (yellow, pink, green)

LIBERAL STUDIES EXPERIENCE: Complete 12 semester hours from at least three discipline prefixes.

Anthropology (ANT): ___2100 (SS), ___2400 (SS), ___2430 (SS), ___2700 (SS), ___2800 (SS)

Appalachian Studies (A S): ___2020, ___2025

Apparel Design and Merchandising (ADM): ___1000 (SS)

Arabic (ARB): ___1050

Art (ART): ___2011 (FA), ___2016 (FA)

Art History (ARCH): ___2030 (FA), ___2130 (FA)

Astronomy (AST): ___1050

Career and Technical Education (CTE): ___1590

Chinese (CHN): ___1050

Commercial Photography (PHO): ___2032

Communication (COM): ___2105, ___3300, ___3315

Criminal Justice (C J): ___3450 (SS)

Curriculum & Instruction (C I): ___ C I/R M 2000

Dance (DAN): ___1431 (FA), ___2800 (FA), ___3430 (FA), ___3435 (FA), ___3445 (FA)

Economics (ECO): ___2030 (SS), ___2040 (SS), ___2620 (SS)

English (ENG): ___1500, ___2030 (LS), ___2050 (LS), ___2060 (LS), ___2070 (LS), ___2175, ___2190 (LS), ___2350 (LS), ___ENG/HIS 3712 (LS)

Family & Child Studies (FCS): ___2100 (SS), ___3111

Finance (FIN): ___2860

French (FRE): ___1050 OR ___1060 (3 of 6 s.h. count in General Education)

Gender, Women’s, and Sexuality Studies (GWS): ___2600

Geography (GHY): ___1020 (SS), ___1040 (SS)

German (GER): ___1050 OR ___1060 (3 of 6 s.h. count in General Education)

History (HIS): ___1101 (HS), ___1102 (HS), ___1130, ___1200 (HS), ___1700, ___HIS/WRC 3210, ___3350 (HS), ___3728 (HS)

Honors College (HON): restricted to HON students: ___2515, ___3515

Industrial Design (IND): ___2012 (FA)

Interdisciplinary Studies (IDS): ___1000 (SS), ___2030, ___2050, ___2400, ___2410, ___2430 (SS), ___2450, ___WRC/HIS 3210, ___3401 (LS), ___3403 (FA), ___3665 (LS)

Judic, Holocaust, and Peace Studies (JHP): ___JHP/REL 2110 (HS), ___JHP/ENG 3712 (LS)

Languages, Literatures, and Cultures (LLC): ___LLC/WRC 2030, ___3430 (LS)

Latin (LAT): ___1050

Music (MUS): ___2011 (FA), ___2014 (FA), ___2052, ___2611 (HS) (2 s.h.), ___2612 (HS) (2 s.h.), ___2613, ___2616 (FA), ___3611 (HS) (2 s.h.)

Nutrition (NUT): ___2351 (SS)

Philosophy (PHL): ___1100, ___1105, ___1501, ___1503, ___2000, ___3000 (HS), ___3013, ___3015, ___3020, ___3200 (HS), ___3550, ___3600

Physics (PHY): ___1600

Planning (PLN): ___2410 (SS)

Political Science (P S): ___1100 (SS), ___1200 (SS), ___2130 (SS)

Portuguese (POR): ___1050

Psychology (PSY): ___2100 (SS), ___3010

Public Health (P H): ___2000 (SS)

Recreation Management (R M): ___R M/C I 2000, ___2100 (SS), ___2140 (HS)

Religious Studies (REL): ___1010 (LS), ___1100 (SS), ___1110, ___1115, ___1120, ___1700, ___2010 (LS), ___2030 (LS), ___REL/HIS 2110 (HS), ___2120 (HS), ___2130, ___2150 (HS), ___2180

Russian (RSN): ___1050

Sociology (SOC): ___1000 (SS), ___2020 (SS), ___2850 (SS), ___3100 (SS)

Somatic Sustainability (SSU): ___2460

Spanish (RHN): ___1050 OR ___1060 (3 of 6 s.h. count in General Education)

Technology (TEC): ___2601

Theatre (THR): ___2025 (FA), ___2030 (FA), ___2300 (FA), ___2610 (FA), ___3730 (FA)

Watauga Residential College (WRC): ___1104 (6 s.h.) (Restricted to WRC students), ___WRC/LLC 2030, ___WRC/IDS 2204, ___2403 (LS), ___2405, ___WRC/HIS 3210, ___3401 (LS), ___3403 (FA), ___3665 (LS)