BS, Exercise Science, Strength & Conditioning, 567D
Appalachian State University
College of Health Sciences
Department of Health and Exercise Science
Program of Study
2016-2017

Associate in Science

Universal General Education Transfer Component (UGETC)

English Composition (6 SCH)				The following two English composition courses are required.			
Prefix	**Course Name**	**Credit Hours**	**Pre-requisites**	**University Course Equivalent**	**Credit Hours**	**Required or Preferred by Major**	**Notes**
ENG 111	Expository Writing	3	None	RC 1000	3	Required	
ENG 112	Argument-Based Research	3	ENG 111	RC 2001	3	Required	
Total Credit Hours Required		**6**			**6**		

Humanities/Fine Arts (6 SCH)				Students will select two courses from at least two different disciplines:			
Prefix	**Course Name**	**Credit Hours**	**Pre-requisites**	**University Course Equivalent**	**Credit Hours**	**Required or Preferred by Major**	**Notes**
ART 111	Art Appreciation	3	None	ART 2011	3		
ART 114	Art History Survey I	3	None	ART 2030	3		
ART 115	Art History Survey II	3	None	ART 2130	3		
COM 231	Public Speaking	3	None	COM 2101	3		
ENG 231	American Literature I	3	ENG 112, 113 or 114	ENG 2350	3		
ENG 232	American Literature II	3	ENG 112, 113 or 114	ENG 2350	3		
ENG 241	British Literature I	3	ENG 112, 113, 114	ENG 2050	3		
ENG 242	British Literature II	3	ENG 112, 113, 114	ENG 2050	3		
MUS 110	Music Appreciation	3	None	MUS 2011	3		
MUS 112	Introduction to Jazz	3	None	MUS 2014	3		
PHI 215	Philosophical Issues	3	ENG 111	PHL Elective	3		
PHI 240	Introduction to Ethics	3	ENG 111	PHL 2000	3		
Total Credit Hours Required		**6**			**6**		

Social /Behavioral Science (6 SCH)				Students will select two courses from at least two different disciplines:			
Prefix	**Course Name**	**Credit Hours**	**Pre-requisites**	**University Course Equivalent**	**Credit Hours**	**Required or Preferred by Major**	**Notes**
ECO 251	Principles of Microeconomics	3	None	ECO 2030	3		
ECO 252	Principles of Macroeconomics	3	None	ECO 2040	3		
HIS 111	World Civilizations I	3	None	HIS 1101	3		
HIS 112	World Civilizations II	3	None	HIS 1102	3		
HIS 131	American History I	3	None	HIS 1200	3		
HIS 132	American History II	3	None	HIS 1200	3		
PSY 150	General Psychology	3	None	PSY 1200	3	Required	
POL 120	American Government	3	None	P S 1100	3		
SOC 210	Introduction to Sociology	3	None	SOC 1000	3		
Total Credit Hours Required		**6**			**6**		

Mathematics (8 SCH)				Students will select two course from the following:			
Prefix	**Course Name**	**Credit Hours**	**Pre-requisites**	**University Course Equivalent**	**Credit Hours**	**Required or Preferred by Major**	**Notes**
MAT 171	Precalculus Algebra	4	None	MAT 1020	4	Required	
MAT 172	Precalculus Trigonometry	4	MAT 171	GEP MAT	4		
MAT 263	Brief Calculus	4	MAT 171	MAT 1035	4		
MAT 271	Calculus I	4	MAT 172	MAT 1110	4		
MAT 272	Calculus II	4	MAT 271	MAT 1120	4		
Total Credit Hours Required		**8**			**8**		

Natural Sciences (8 SCH)				Students will select 8 SCH from the following courses:			
Prefix	**Course Name**	**Credit Hours**	**Pre-requisites**	**University Course Equivalent**	**Credit Hours**	**Required or Preferred by Major**	**Notes**
AST 151/151A	General Astronomy I and lab I	4	None	AST 1001	4		
BIO 110	Principles of Biology	4	None	BIO 1201/BIO 1204	4		
BIO 111	General Biology I	4	None	BIO 1201/BIO 1204	4		must take both BIO 111 and BIO 112
BIO 112	General Biology II	4	BIO 111	BIO 1202/BIO 1205	4		must take both BIO 111 and BIO 112
CHM 151	General Chemistry I	4	None	CHE 1101/1110	4	Required - See Notes	must take both CHM 151 and CHM 152
CHM 152	General Chemistry II	4	CHM 151	CHE 1102/1120	4	Required - See Notes	must take both CHM 151 and CHM 152
GEL 111	Introduction Geology	4	None	GLY 1101	4		
PHY 110/110A	Conceptual Physics and Lab	4	None	PHY 1100	4		must take course with lab
PHY 151	College Physics I	4	MAT 171	PHY 1103	4	Required - See Notes	must take PHY 151 and PHY 152
PHY 152	College Physics II	4	PHY 151	PHY 1104	4	Required - See Notes	must take PHY 151 and PHY 152
PHY 251	General Physics I	4	MAT 271	PHY 1150	4		must take PHY 251 and PHY 252
PHY 252	General Physics II	4	MAT 272 ***and*** PHY 251	PHY 1151	4		must take PHY 251 and PHY 252
Total Credit Hours Required		**8**			**8**		

Total UGETC Hours		**34**			**34**		

Additional General Education Courses (11-12 SHC) : These courses must classified as UGETC or general education within the CAA.

Prefix	Course Name	Credit Hours	Pre-requisites	University Course Equivalent	Credit Hours	Category	Notes
BIO 111	General Biology I	4		BIO 1801	4	UGETC	Required by major
BIO 168	Anatomy & Physiology I	4		E S 2031	4	Elective	Required by major
PHY 151/CHM 151	College Physics I/General Chemistry I	4		PHY 1103/CHE 1101/CHE 1110	4	See Notes	Required by major
Total Credit Hours Required		12			12		

Total General Education Hours Required		46			46		

Other REQUIRED HOURS (14-15 SHC): These courses must be classified as pre-major, elective or general education within the CAA.

Prefix	Course Name	Credit Hours	Pre-requisites	University Course Equivalent	Credit Hours	Category	Notes
ACA 122	**College Transfer Success**	**1**	**None**		**1**	**GEC**	**required by CAA**
BIO 169	Anatomy & Physiology II	4	BIO 168	E S 2032	4	Pre-Major	Required by major
PHY 152/CHM 152	College Physics II/General Chemistry II	4	PHY 151/CHM 151	PHY 1104/CHE 1102/CHE 1120	4	See Notes	Required by major
BIO 155 OR NUT 110	Nutrition	3		NUT 2202	3	Elective	Required by major
Pre-Major/GEC/Elective		3			3	Pre-Major/GEC/Elective	

Other Required Hours (15-16 SCH)		**15**			**15**		

Total Semester Credit Hours in Program: 61

3rd - 4th Year Plan: Exercise Science, Strength & Conditioning

Semester	Course	Hours	Notes		
5	ES 2002 Introduction to Exercise Science	3	Major Requirement		
5	NUT 2202 Nutrition	3	If taken at community college, take Free Elective		
5	AT 1600 Introduction to Athletic Training	3	Major Requirement		
5	ES 2005 Intro to Physiological Assessment	3	Major Requirement		
5	ES 2020 Measurement & Evaluation in Exercise Science	3	Major Requirement - STT 2810 or 2820 (MAT 152) can count		
5	PE 1754 Weight Training	1	Major Requirement	16	
6	ES 3002 Exercise Physiology	3	Writing in the Discipline		
6	ES 3550 Introduction to Biomechanics	4	Major Requirement		
6	Interdisciplinary Studies Elective	3	Major Requirement		
6	Interdisciplinary Studies Elective	3	Major Requirement		
6	Free Elective	3	Major Requirement	16	
7	ES 4555 Nutritional Aspects of Exercise & Sports	3	Major Requirement		
7	ES 4000 Strength and Conditioning Theory and Practice	3	Major Requirement		
7	ES 4060 Practicum: Strength & Conditioning	3	Major Requirement		
7	Interdisciplinary Studies Elective	3	Major Requirement		
7	PE Activity Course (1530-1889)	1	Major Requirement		
7	Free Elective	3		16	
8	ES 3005 Advanced Physiological Assessment	3	CAPSTONE		
8	ES 4600 Survey of Sports Performance	3	Major Requirement		
8	HPE 4002 Psychological Aspects of Sports	3	Major Requirement		
8	Interdisciplinary Studies Elective	3	Major Requirement		
8	Free Elective	1		13	
				61	
				61	transfer hours
				122	hours for graduation

Chemistry **and** Physics sequences are required for the major.

Residency Requirements:

- 31 hours must be from ASU
- 18 hours in the major must be from ASU
- 9 hours in the minor must be from ASU
- Final 30 hours must be courses taken through ASU (includes internships, study abroad taken through ASU)