

TRANSFER GUIDE

BS, Exercise Science, Strength & Conditioning, 567D  
Appalachian State University  
2018-2019

Department of Health & Exercise Science  
Beaver College of Health Sciences  
Program of Study

| Community College Coursework: 62 Transfer hours |       | Associate in Science |                                     |           |                        |                    |
|---|-------|----------------------|-------------------------------------|-----------|------------------------|--------------------|
| Semester  | Hours | 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 |
|   |       | CHM 151              | General Chemistry I                 | 4         | CHE 1101/1110          | Required for major |
|   |       | UGETC                | Humanity/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 |
|   |       | UGETC                | Math                                | 4         |                        |                    |
|   |       | UGETC                | Humanity/Fine Arts                  | 3         |                        |                    |
|   |       | PSY 150              | General Psychology                  | 3         | PSY 1200               | Required for major |
|   |       |                      | Semester hours                      | 17        |                        |                    |
| Semester 3: 15 hours                            |       | PHY 151              | College Physics I                   | 4         | PHY 1103               | Required for major |
|   |       | BIO 111              | General Biology I                   | 4         | BIO 1801               | Required for major |
|   |       | BIO 168              | Anatomy & Physiology I              | 4         | ES 2031                | Required for major |
|   |       | UGETC                | Social/Behavioral Science           | 3         |                        |                    |
|   |       |                      | Semester hours                      | 15        |                        |                    |
|   |       |                      | <b>Total AS degree hours</b>        | <b>62</b> |                        |                    |
| Semester 4: 15 hours                            |       | PHY 152              | College Physics II                  | 4         | PHY 1104               | Required for major |
|   |       | BIO 169              | Anatomy & Physiology II             | 4         | ES 2032                | Required for major |
|   |       | BIO 155 OR NUT 110   | Nutrition                           | 3         | NUT 2202               | Required for major |
|   |       | MAT 152              | Statistics                          | 4         | STT 2820               | Required for major |
|   |       |                      | Semester hours                      | 15        |                        |                    |
|   |       |                      | <b>Total AS degree hours</b>        | <b>62</b> |                        |                    |

| Appalachian Course Work: 60 hours |       |                                |   |       |   |
|-----------------------------------|-------|--------------------------------|---|-------|---|
| Semester                          | Hours | Appalachian Course             | Course Name                               | Hours | Notes   |
| Semester 5: 13 hours              |       | ES 2002                        | Intro to Exercise Science                 | 3     |   |
|                                   |       | ES 2005                        | Introduction to Physiological Assessment  | 3     |   |
|                                   |       | NUT 2202                       | Nutrition                                 | 3     | If taken at community college, take free elective |
|                                   |       | PE Activity Course             | 1530-1889                                 | 1     |   |
|                                   |       | Free Elective                  |   | 3     |   |
|                                   |       |                                | Semester hours                            | 13    |   |
| Semester 6: 16 hours              |       | ES 3002                        | Exercise Physiology                       | 3     | Writing in the Discipline                         |
|                                   |       | ES 3550                        | Introduction to Biomechanics              | 4     |   |
|                                   |       | AT 1600                        | Introduction to Athletic Training         | 3     |   |
|                                   |       | S&C Elective                   |   | 3     |   |
|                                   |       | S&C Elective                   |   | 3     |   |
|                                   |       |                                | Semester hours                            | 16    |   |
| Semester 7: 16 hours              |       | ES 4000                        | Strength & Conditioning Theory & Practice | 3     |   |
|                                   |       | ES 4060                        | Practicum: Strength Training              | 3     |   |
|                                   |       | ES 4555                        | Nutritional Aspects of Exercise & Sport   | 3     | CAPSTONE  |
|                                   |       | S&C Elective                   |   | 3     |   |
|                                   |       | PE Activity Course             | 1530-1889                                 | 1     |   |
|                                   |       | Free Elective                  |   | 3     |   |
|                                   |       | Semester hours                 | 16  |       |   |
| Semester 8: 15 hours              |       | ES 3005                        | Advanced Physiological Assessment         | 3     |   |
|                                   |       | ES 4600                        | Survey of Sports Performance              | 3     |   |
|                                   |       | HPE 4002                       | Psychological Aspects of Sports           | 3     |   |
|                                   |       | S&C Elective                   |   | 3     |   |
|                                   |       | Free Elective                  |   | 3     |   |
|                                   |       |                                | Semester hours                            | 15    |   |
|                                   |       | <b>Total Appalachian hours</b> | <b>60</b>                                 |       |   |

**Applying to Appalachian:**

- A minimum cumulative GPA, 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.

**Advising & Community College Course Selection:**

- For UGETC, Pre-Major, Elective, or GEC course options please refer to the [Comprehensive Articulation Agreement transfer course list](#).
- Students should work with their community college academic advisor to ensure appropriate course selection for AA degree completion.

**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.

**Major Declaration:**

- An Appalachian GPA of at least a 2.5, based on a minimum of 12 hours of Appalachian coursework, is required to declare a major in Exercise Science.

**Transfer Resources:**

- Office of Transfer Services [transfer.appstate.edu](http://transfer.appstate.edu)
- Office of Admissions [admissions.appstate.edu](http://admissions.appstate.edu)
- Office of Financial Aid [financialaid.appstate.edu](http://financialaid.appstate.edu)
- Scholarships [scholarships.appstate.edu](http://scholarships.appstate.edu)
- Career Development [careers.appstate.edu](http://careers.appstate.edu)
- University Housing [housing.appstate.edu](http://housing.appstate.edu)
- Off-Campus Housing [offcampushousing.appstate.edu](http://offcampushousing.appstate.edu)
- Campus Activities [campusactivities.appstate.edu](http://campusactivities.appstate.edu)
- BCHS Advising [healthsciences.appstate.edu/students](http://healthsciences.appstate.edu/students)

