### General Education Requirements

<table>
<thead>
<tr>
<th>CC Course #</th>
<th>ASU Course #</th>
<th>ASU Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>*UCO MET</td>
<td>FIRST YEAR SEMINAR WAIVED FOR TRANSFER STUDENTS WITH 30 OR MORE HOURS OF CREDIT PRIOR TO ENROLLING AT APPALACHIAN</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>ENG 111</td>
<td>RC 1000</td>
<td>Expository Writing</td>
<td>3</td>
</tr>
<tr>
<td>PSY 150</td>
<td>PSY 1200</td>
<td>Psychological Foundations (Liberal Studies Experience)</td>
<td>3</td>
</tr>
<tr>
<td>PED 110</td>
<td>PH 1105</td>
<td>Health and Fitness (Wellness Literacy)</td>
<td>2</td>
</tr>
<tr>
<td>UGETC HUM</td>
<td></td>
<td>Liberal Studies Experience</td>
<td>3</td>
</tr>
<tr>
<td>*MAT 171 or MAT 143</td>
<td>MAT 1020 or GEP MAT</td>
<td>Quantitative Literacy (*MAT 171 required in order to take chemistry or Physics coursework during first semester at Appalachian – also meets Appalachian’s General Education Quantitative Literacy requirement)</td>
<td>3-4</td>
</tr>
</tbody>
</table>

**TOTAL 14-15**

### Major Requirements

<table>
<thead>
<tr>
<th>ASU Course #</th>
<th>ASU Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 155</td>
<td>NUT 2202 Nutrition and Health</td>
</tr>
<tr>
<td>BIO 168</td>
<td>ES 2031 Human Anatomy &amp; Physiology I</td>
</tr>
<tr>
<td>BIO 169</td>
<td>ES 2032 Human Anatomy &amp; Physiology II</td>
</tr>
<tr>
<td>HFS 111</td>
<td>ES 2005 Introduction to Physiological Assessment</td>
</tr>
<tr>
<td>PED ELEC</td>
<td>PE Activity classes</td>
</tr>
</tbody>
</table>

**TOTAL 17**

### Exercise Science/Interdisciplinary Studies Electives

<table>
<thead>
<tr>
<th>ASU Course #</th>
<th>ASU Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEA 112</td>
<td>PH 3100 Emergency Care and CPR</td>
</tr>
<tr>
<td>HFS 116</td>
<td>AT 2005 Concepts in Athletic Training</td>
</tr>
<tr>
<td>HFS 110</td>
<td>ES elective</td>
</tr>
<tr>
<td>HFS 114</td>
<td>ES elective</td>
</tr>
<tr>
<td>HFS 118</td>
<td>ES elective</td>
</tr>
<tr>
<td>HFS 120</td>
<td>ES elective **(ES electives may be used in either major electives section)</td>
</tr>
<tr>
<td>HFS 210</td>
<td>ES elective</td>
</tr>
<tr>
<td>HFS 212</td>
<td>ES elective</td>
</tr>
<tr>
<td>HFS 218</td>
<td>ES elective</td>
</tr>
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</table>

**TOTAL 30**

### Free Electives

<table>
<thead>
<tr>
<th>ASU Course #</th>
<th>ASU Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>COM 110</td>
<td>COM Elective</td>
</tr>
</tbody>
</table>

**TOTAL 3**

**TOTAL TRANSFERRED TOWARDS EXERCISE SCIENCE DEGREE 64-65**
### General Education Requirements

<table>
<thead>
<tr>
<th>ASU Course #</th>
<th>ASU Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHE 1101 &amp; 1110</td>
<td>Introductory Chemistry I (Science Inquiry)</td>
<td>4</td>
</tr>
<tr>
<td>CHE 1102 &amp; 1120</td>
<td>Introductory Chemistry II (Science Inquiry)</td>
<td>4</td>
</tr>
<tr>
<td>RC 2001</td>
<td>Writing Across the Curriculum</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Integrative Learning Experience (w/designations)</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Liberal Studies Experience (w/designations)</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL</strong></td>
<td>26</td>
</tr>
</tbody>
</table>

### Major Requirements

<table>
<thead>
<tr>
<th>ASU Course #</th>
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<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAT 1020</td>
<td>College Algebra with Applications – pre-requisite for Physics (*if MAT 171 not taken at community college)</td>
<td>0-4</td>
</tr>
<tr>
<td>BIO 1801</td>
<td>Biological Concepts I</td>
<td>4</td>
</tr>
<tr>
<td>PHY 1103</td>
<td>General Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHY 1104</td>
<td>General Physics II</td>
<td>4</td>
</tr>
<tr>
<td>ES 2002</td>
<td>Introduction to Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>ES 2020 or STT 2810 or STT 2820</td>
<td>Measurement and Evaluation or Introduction to Statistics or Reasoning with Statistics</td>
<td>3 or 4</td>
</tr>
<tr>
<td>ES 3002</td>
<td>Exercise Physiology (WID)</td>
<td>3</td>
</tr>
<tr>
<td>ES 3005</td>
<td>Advanced Physiological Assessment (CAP)</td>
<td>3</td>
</tr>
<tr>
<td>ES 3550</td>
<td>Introduction to Biomechanics</td>
<td>4</td>
</tr>
<tr>
<td>ES 3900</td>
<td>Field Experience (Internship or Practicum ES 4050/4060)</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL</strong></td>
<td>31 - 36</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Credits Remaining</th>
<th>ASU Course #</th>
<th>ASU Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ES 4050</td>
<td>Field Experience (Internship or Practicum ES 4050/4060)</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL (120 required for degree)</strong></td>
<td>122 - 126</td>
<td></td>
</tr>
</tbody>
</table>

### 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)