

Appalachian State University
 B.S. in Exercise Science
 Sandhills Community College
 A.A.S. in Health & Fitness Science
 Addendum Fall 2019-2020

ASU Course Title			
CC Course #	ASU Course #		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	
ENG 111	RC 1000	Expository Writing	3
ENG 114 or COM 231	RC 2001 or COM 2105	Intro. Writing Across Curriculum (recommended) or Public Speaking in the Disciplines (Liberal Studies Experience)	3
PSY 150	PSY 1200	Psychological Foundations (Liberal Studies Experience)	3
UGETC HUM		Liberal Studies Experience	3
*MAT 171 or MAT 143	MAT 1020 or GEP MAT	College Algebra with Applications (*MAT 171 recommended and required in order to take Chemistry and/or Physics during first semester at Appalachian (Meets General Education Quantitative Literacy requirement) Meets 3 of General Education Quantitative Literacy	3-4
TOTAL			15-16
Major Requirements			
BIO 155	NUT 2202	Nutrition and Health (Wellness Literacy)	3
BIO 165	ES 2031	Human Anatomy & Physiology I	4
BIO 166	ES 2032	Human Anatomy & Physiology II	4
HFS 111	ES 2005	Introduction to Physiological Assessment	4
PED 113	PE 1742	Aerobics	1
PED 117	PE 1754	Weight Training	1
TOTAL			17
Exercise Science/Interdisciplinary Studies Electives			
HEA 112	PH 3100	Emergency Care and CPR	2
HFS 110	ES elective		4
HFS 116	AT 2005	Concepts in Athletic Training	3
HFS 118	ES elective		4
HFS 120	ES elective		3
HFS 210	ES elective	**{ES electives may be used in either major electives section}	3
HFS 212	ES elective		3
HFS 214	ES elective		3
HFS 218	ES elective		4
WBL 111/115/121	ES 3900	Internship (all three courses must be completed for credit)	3
MED 120	ES elective		2
TOTAL			34
Free Electives			
BUS 139 or 230	BUS Elective		3
PED 118 OR PED 122	PE 1755 OR PE 1751	WEIGHT TRAINING II YOGA (optional if MAT 143 taken at cc – no more than 70 hours are transferrable)	0-1
TOTAL			3-4
TOTAL TRANSFERRED TOWARDS EXERCISE SCIENCE DEGREE			70

Credits Complete

	ASU Course #	ASU Course Title	Credits	
Credits Remaining	General Education Requirements			
		CHE 1101 & 1110	Introductory Chemistry I (Science Inquiry)	4
		CHE 1102 & 1120	Introductory Chemistry II (Science Inquiry)	4
		RC 2001	Writing Across the Curriculum (if ENG 114 not taken)	0-3
			Integrative Learning Experience (w/designations)	9
			Liberal Studies Experience (w/designations)	3-6
			Note: 3 hours each of Fine Arts, Historical Studies, and Literary Studies must be taken in ILE or LSE	
			TOTAL	23
		Major Requirements		
		MAT 1020	College Algebra with Applications (*if MAT 171 not taken)	0-4
		BIO 1801	Biological Concepts I	4
		PHY 1103	General Physics I	4
		PHY 1104	General Physics II	4
		ES 2002	Introduction to Exercise Science	3
		ES 2020 or	Measurement and Evaluation	3
		ES 3002	Exercise Physiology (WID)	3
		ES 3005	Advanced Physiological Assessment (CAP)	3
		ES 3550	Introduction to Biomechanics	4
		MAJOR TOTAL	28-32	
		TOTAL (120 hrs required for degree)	121-125	

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)