

**Appalachian State University**  
**BS in Exercise Science**  
**Catawba Valley Community College**  
**A.A.S. in Health & Fitness Science**

Credits Complete	CC Course #	ASU Course #	ASU Course Title	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	0
	ENG 111	RC 1000	Expository Writing	3
	ENG 112 or 114	RC 2001	Writing Across the Curriculum	3
	PSY 150	PSY 1200	Psychological Foundations (Liberal Studies Experience)	3
	PED 110	PH 1105	Health and Fitness (Wellness Literacy)	2
	UGETC HUM		Liberal Studies Experience	3
	MAT 152	STT 2820	Reasoning with Statistics (Quantitative Literacy)	4
			TOTAL	18
Credits Complete	Major Requirements			
	BIO 155	NUT 2202	Nutrition and Health	3
	BIO 168	ES 2031	Human Anatomy & Physiology I	4
	BIO 169	ES 2032	Human Anatomy & Physiology II	4
	PSF/HFS 110	ES 2002	Introduction to Exercise Science	4
	PSF/HFS 111	ES 2005	Introduction to Physiological Assessment	4
	PED ELEC		PE Activity classes	2
			TOTAL	21
	Exercise Science/Interdisciplinary Studies Electives			
Credits Complete	HEA 112	PH 3100	Emergency Care and CPR	2
	PSF/HFS 116	AT 1600	Introduction to Athletic Training	3
	PSF/HFS 114	ES elective		4
	PSF/HFS 118	ES elective		4
	PSF/HFS 120	ES elective	{ES electives may be used in either major electives section}	3
	PSF/HFS 210	ES elective		3
	PSF/HFS 212	ES elective		3
	PSF/HFS 218	ES elective		4
	PSY 275	PSY 3653	Health Psychology	3
			TOTAL	29
Credits Complete	Free Electives			
	COM 110	COM elective		3
			TOTAL	3
TOTAL TRANSFERRED TOWARDS EXERCISE SCI DEGREE				71

Credits Remaining	ASU Course #		ASU Course Title	Credits
	General Education Requirements			
		CHE 1101 & 1110	Introductory Chemistry I (Science Inquiry)	4
		CHE 1102 & 1120	Introductory Chemistry II (Science Inquiry)	4
			Integrative Learning Experience (w/designators)	9
			Liberal Studies Experience (w/designators)	6
			TOTAL	23
	Major Requirements			
		BIO 1801	Biological Concepts I	4
		PHY 1103	General Physics I	4
		PHY 1104	General Physics II	4
		MAT 1020	College Algebra with Applications	4
		ES 3002	Exercise Physiology (WID)	3
		ES 3005	Advanced Physiological Assessment (CAP)	3
		ES 3550	Introduction to Biomechanics	4
		ES 3900	Field Experience (Internship or Practicum ES 4050/4060)	3
			TOTAL	29
			TOTAL (122 required for degree)	123

Residency Requirements:

- 50 hours must be from a senior institution
- 31 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)
- Final 30 hours must be courses taken through ASU (includes internships, study abroad taken through ASU)