

Appalachian State University
B.S. in Exercise Science
Sandhills Community College
A.A.S. in Health & Fitness Science

ASU Course Title			
CC Course #	ASU Course #		Credits
Credits Complete	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 (LSE)	3
	PSY 150	PSY 1200 Psychological Foundations (Liberal Studies Experience)	3
	UGETC HUM	Liberal Studies Experience	3
	MAT 143 or 171	GEP MAT or MAT 1020 Quantitative Literacy [*MAT 171 recommended and will also meet major requirement]	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
			17
	Exercise Science/Interdisciplinary Studies Electives		
	HEA 112	PH 3100 Emergency Care and CPR	2
	HFS 116	AT 1600 Introduction to Athletic Training	3
	HFS 110	ES elective	4
	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
		TOTAL	32
	Free Electives		
	BUS 139 or 230	BUS Elective	3
	PED 118	PE 1755 WEIGHT TRAINING II	1
	PED 122 OR 217	PE 1751 OR PE ACTV YOGA	1
	PED***	PE ACTV	1
		TOTAL	6
		TOTAL TRANSFERRED TOWARDS EXERCISE SCIENCE DEGREE	70-71

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
		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			
		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 STT 2810 or STT 2820	Measurement and Evaluation or Introduction to Statistics or Reasoning with Statistics	3
		ES 3002	Exercise Physiology (WID)	3
		ES 3005	Advanced Physiological Assessment (CAP)	3
		ES 3550	Introduction to Biomechanics	4
		MAT 1020	College Algebra with Applications (if MAT 171 not taken)	0-4
			MAJOR TOTAL	28-32
			TOTAL	121-122
			TOTAL (122 required for degree)	122

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)