Bachelor of Science in Exercise Science (BS)

2017-18

Beaver College of Health Sciences (BCHS) Department of Health and Exercise Science

Major Code 567A Non-Teaching CIP Code: 31.0505 Program Director: Dr, Travis Triplett 828-262-7148 triplttnt@appstate.edu hes.appstate.edu

Chair: Dr. Kelly Cole 828-262-7154 colekj@appstate.edu

GENERAL EDUCATION	
MAJOR REQUIREMENTS	
Note: Up to 17 sh of the following courses may be counted in Genera	l Education. 18 sh must be completed at Appalachian
MAT 1020(4) OR above (MAT 1020 or 1110 counts as Gen Ed:QL) PSY 1200 (3) (Gen Ed: Liberal Studies Experience)	
PSY 1200(3) (Gen Ed: Liberal Studies Experience) NUT 2202 (3) (2 sh Gen Ed: Wellness Literacy)	
CHE 1101(3) & CHE 1110(1) (Gen Ed: Sci. Inquiry) (Prereq: MA'	T 1020 or higher, or equivalent test scores)
CHE 1102(3) & CHE 1120(1) (Gen Ed: Sci. Inquiry) (Prereq: MA	
A. Allied Core (12 sh)	
BIO 1801 (4) Biological Concepts I PHY 1103 (4) Ger	neral Physics I PHY 1104(4) General Physics II
A cumulative GPA of 2.5 based on at least 12 semester hours at Appalacl	hian is required for declaration of the Exercise Science major. Students
must be declared Exercise Science majors or minors prior to enrolling in	
B. Exercise Science Core (all courses required; 29 sh)	
ES 2002(3) Introduction to Exercise Science	ES 2032(4) Human Anatomy & Physiology II
ES 2005(3) Introduction to Physiological Assessment	ES 3002(3) Exercise Physiology (WID)
ES 2020 (3) Measurement & Evaluation in Exercise Science	ES 3005 (3) Advanced Physiological Assessment (CAP)
ES 2031 (4) Human Anatomy & Physiology I	ES 3550 (4) Introduction to Biomechanics
PE 1530-1545, PE 1700-1889 activity courses(1)(1)	[total of 2 sh]
C. Field Experience (3 sh required)	
ES 4050(3) Practicum: Pre-professional OR ES 4060(3	y) Practicum: Strength & Cond OR ES 3900 (3) Internship
D. Exercise Science Electives (9-12 sh required)	
AT 1600(3) Introduction to Athletic Training	ES 3350 _(3) Introduction to Motor Behavior
ES 3500(1-4) Independent Study	ES 3590(3) Interprof Approach to Health & Physical Activity
ES 3600(1) Team-Based Patient Care	ES 3700(1) Professional Development in Exercise Science
ES 3900(1-12) Internship	ES 4000(3) Strength & Conditioning Theory and Practice*
ES 4100(3) Advanced Topics in Exercise Science	ES 4200(3) Exercise for Special Populations
ES 4300 _(3) Environmental Physiology	ES 4400(3) Technology in Exer Prescription & Programming
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ES 4555 _(3) Nutritional Aspects of Exercise & Sports	ES 4600 (3) Survey of Sports Performance*
ES 4620(3) Cardiovascular Physiology*	ES 4625(3) Concepts of Clinical Exercise Testing*
ES 4645 (3) Cardiopulmonary Pathophysiology & Rehab*	ES 4660 (3) Exer Prescript for Clinical Populations*
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*With instructor approval	
E. Interdisciplinary Studies (15-18 sh required);	
BIO 2400(3) Genetics or BIO 2700 Human Genetics	BIO 2410(1) Genetics Lab
BIO 2600(3) Cell Biology BIO 3301(4) Human Systems Physiology	BIO 2610(1) Cell Biology Lab
BIO 3301(4) Human Systems Physiology BIO 3308(4) Microbiology	BIO 3800(4) Molecular Biology
BIO 4563(4) Microbiology BIO 4563(3) Biology of Aging	BIO 4568(4) Immunology
CHE 2101(3) Fundamentals of Organic Chemistry	CHE 2102(1) Fundamentals of Organic Chemistry Lab
CHE 2201(3) Organic Chemistry I	CHE 2203(1) Organic Chemistry I Lab
CHE 2202(3) Organic Chemistry II	CHE 2204(1) Organic Chemistry II Lab
CHE 4580(3) Biochemistry I	CHE 4581(1) Biochemistry I Lab
HCM 2110(3) Introduction to Health System Organization	HCM 3130(3) Managing Health Care Organizations
PH 3800 (3) Health Program Planning & Evaluation	PH 2200(3) Lifestyle Disease & Risk Reduction
PH/HED 3100(3) Emergency Care and CPR	(c) =====
PH 3700(3) Health Behavior Change	PH 4400(3) Obesity Prevention
NUT 3205(3) Nutrition and the Life Cycle	· · · ·
NUT 4552 (1) Medical Terminology/Records	NUT 4553(3) Medical Language for Health Professionals
PSY 2210 (3) Psychology of Human Growth & Development	PSY 2212(3) Abnormal Psychology
PSY 2700(3) Behavior Change	PSY 3216(3) Biological Psychology
PSY 3653(3) Health Psychology	PSY 4562(3) Psychology of Adulthood & Aging
SOC 3100(3) Gerontology (Gen Ed: Liberal Studies Experience)	
Note: Minors in Biology, Chemistry, Health Care Management, Health Promotion	n, inutrition, or Psychology may fulfill the Interdisciplinary Studies requirement

as long as a minimum of 15 hours are completed

FREE ELECTIVES	6-9
Note: 2 sh of free electives outside the major discipline are required	
General Education Courses taken for the major – U	p to 17
TOTAL	122