

Bachelor of Science in Exercise Science (BS)

2016-2017

Beaver College of Health Sciences (BCHS)

Department of Health and Exercise Science

Revised 10/28/16

Major Code 567A
Non-Teaching

hes.appstate.edu

GENERAL EDUCATION .....44
MAJOR REQUIREMENTS.....89

Note: Up to 17 sh of the following courses may be counted in General 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)
CHE 1101\_\_\_\_(3) & CHE 1110\_\_\_\_(1) (Gen Ed: Sci. Inquiry) NUT 2202\_\_\_\_(3) (2 sh Gen Ed: Wellness Literacy)
CHE 1102\_\_\_\_(3) & CHE 1120\_\_\_\_(1) (Gen Ed: Sci. Inquiry)

A. Allied Core (12 sh)

BIO 1801\_\_\_\_(4) Biological Concepts I PHY 1103\_\_\_\_(4) General Physics I PHY 1104\_\_\_\_(4) General Physics II

A cumulative GPA of 2.5 based on at least 12 semester hours at Appalachian is required for declaration of the Exercise Science major. Students must be declared Exercise Science majors or minors prior to enrolling in 3000-level or higher ES courses.

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) 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
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\*

\*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 2610\_\_\_\_(1) Cell Biology Lab
BIO 3301\_\_\_\_(4) Human Systems Physiology
BIO 3308\_\_\_\_(4) Microbiology
BIO 4563\_\_\_\_(3) Biology of Aging
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
HP 3800\_\_\_\_(3) Health Program Planning & Evaluation HP 2200\_\_\_\_(3) Lifestyle Disease & Risk Reduction
HP/HED 3100\_\_\_\_(3) Emergency Care and CPR HP 3200\_\_\_\_(3) Health Risk Appraisal
HP 3700\_\_\_\_(3) Health Behavior Change HP 4400\_\_\_\_(3) Weight Management
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, Nutrition, or Psychology may fulfill the Interdisciplinary Studies requirement as long as a minimum of 15 hours are completed

MINOR NOT REQUIRED

FREE ELECTIVES ..... 6-9

Note: 2 sh of free electives outside the major discipline are required

General Education Courses taken for the major ..... - Up to 17

TOTAL ..... 122