

Bachelor of Science in Exercise Science (BS)

2015-2016

Revised 8/13/15

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

Major Code 567*
Concentration Codes 567 B or D or E
Non-Teaching

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GENERAL EDUCATION 44
MAJOR REQUIREMENTS.....92

*Note: Up to 17 sh of the following courses may be counted in General Education. An overall 2.0 GPA is required in the major.
18 sh must be completed at Appalachian*

MAT 1020____(4) OR above (Gen Ed: Quantitative Literacy) PSY 1200____(3) (Gen Ed Liberal Studies)
CHE 1101____(3) & CHE 1110____(1) (Gen Ed: Sci. Inquiry) NUT 2202____(3) (2 s.h. Gen Ed: Wellness Literacy)
CHE 1102____(3) & CHE 1120____(1) (Gen Ed: Sci. Inquiry)

Allied Core (12 sh)

BIO 1801____(4) Biological Concepts I PHY 1103____(4) General Physics 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.

Exercise Science Core (32 sh)

ES 2002____(3) Introduction to Exercise Science E S 3002____(3) Exercise Physiology
ES 2005____(3) Introduction to Physiological Assessment ES 3005____(3) Advanced Physiological Assessment (WID)
ES 2020____(3) Measurement & Eval in Exercise Science ES 3550____(4) Introduction to Biomechanics
ES 2031____(4) Human Anatomy & Physiology I ES 4555____(3) Nutritional Aspects of Exercise & Sports
ES 2032____(4) Human Anatomy & Physiology II
P E 1700-1889 activity courses _____(1) _____(1) [total of 2 sh]

Note: P E 1754 required for Strength and Conditioning concentration students.

CONCENTRATION (30 sh): CHOOSE ONE CONCENTRATION

567B Pre-Professional (30 sh)

Required Courses (9 sh)

PSY 2210____(3) Psychology of Human Growth & Development
PSY 2212____(3) Abnormal Psychology
ES 4050____(3) Practicum: Pre-Professional (CAP)

And 21 sh with approval from advisor

Note: Minors in Biology, Chemistry, Health Care Management, Health Promotion, Nutrition, or Psychology may be counted as hours.

567E Clinical Exercise Physiology (30 sh)

Note: A Health Promotion Minor may be obtained by taking HP 1105, HP 2100, 2200, 3700, 4300 & NUT 2202.

Required Courses: (24 sh of which includes a 6 sh internship)

SOC 3100____(3) Gerontology ES 4635____(3) Electrocardiographic Interpretation
HP 3700____(3) Health Behavior Change ES 4645____(3) Cardiopulmonary Pathophysiology & Rehab
ES 4625____(3) Concepts of Clinical Exercise Testing ES 4660____(3) Exercise Prescription & Chronic
#ES 3900____(6-12) Internship (6 sh minimum required) (CAP)

Disease Mgt

#If internship is done for 6 sh, you must choose 6 sh of electives from the following courses:

AT 1600____(3) Intro to Athletic Training H P 3200____(3) Health Risk Appraisal
NUT 4552____(1) Medical Terminology/Records PHY 4820____(3) Medical Physics
HP 2100____(3) Health Program Planning & Eval I BIO 4563____(3) Biology of Aging
HP 2200____(3) Lifestyle Disease & Risk Reduction ES 3500____(1-4) Independent Study

567D Strength & Conditioning (30 sh)

Required Courses (15 sh)

ES 4000____(3) Strength and Conditioning Theory and Practice AT 1600____(3) Intro to Athletic Training
ES 4060____(3) Practicum: Strength & Conditioning (CAP) PE 4002____(3) Psychological Aspects of Sport
ES 4600____(3) Survey of Sports Performance

And 15 sh with approval from advisor

Note: Minors in Biology, Chemistry, Health Care Management, Health Promotion, Nutrition, or Psychology may be counted as hours.

MINOR NOT REQUIRED (Although a minor is not required, a minor may be obtained as noted above by the concentrations.)

FREE ELECTIVE (to total a minimum of 122 sh) 3

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

General Education Courses taken for the major – Up to 17

TOTAL 122

SEE REVERSE FOR PREREQUISITES

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COURSE: CO- or PREREQUISITES:

Required Courses:

BIO 1801	Corequisite: CHE 1101
BIO 4563	BIO 1801
CHE 1101	Pre- or Corequisite: CHE 1110
CHE 1102	CHE 1101 & 1110; Pre- or Corequisite: CHE 1120
ES 2020	MAT 1020 or higher
ES 2031	CHE 1101 & CHE 1110; or BIO 1201 or 1203 or BIO 1801. Co- or prerequisites: BIO 1202 or BIO 1802; or CHE 1102 & CHE 1120.
ES 2032	ES 2031
ES 3002	ES 2030 or ES 2031 & 2032
ES 3005	ES 2005 & ES 3002, RC 2001 or its equivalent
ES 3550	ES 2030 or 2031 and MAT 1020 or higher
ES 3900	Senior Standing
ES 4000	ES 3002
ES 4050	ES 3005 or ES 3002
ES 4060	ES 3002 & ES 3350
ES 4555	NUT 2202 and ES 3002
ES 4600	ES 3002
ES 4625	ES 3002
ES 4635	ES 3002
ES 4645	ES 3002
ES 4660	ES 3002
HP 2100	RC 2001 or its equivalent
PE 4002	Permission of Instructor
PHY 1103	Corequisite: MAT 1020 or 1025
PHY 1104	PHY 1103
PHY 4820	PHY 1104 or 1151

Elective Courses:

ES 3590	Junior or Senior Standing
ES 3600	Junior or Senior Standing; Permission of instructor
ES 3700	Junior or Senior standing
ES 4100	ES 3002
ES 4400	Junior or Senior Standing; Declared ES Major