

B.S. in Exercise Science Exercise Science Specialist (code s138)

Name _____ (Students are bound by the major, minor, and cognate requirements in the catalog for the academic year for which they are accepted into the major or minor.)

Advisor _____ Students are required to meet with their academic advisor every semester to discuss scheduling of next semester's classes. Please bring your up-to-date course record sheet to all advising sessions.

General Education Requirements

CATEGORY (# credit hours)	TITLE / NUMBER OF COURSE	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	Letter GRADE or "T"
ACADEMIC FOUNDATIONS				
A. English Composition (6)	WRT 120	3		
	and one of the following: WRT 200, 204, 205, 206, 208, 220	3		
B. Mathematics (3)	MAT 121 Statistics with lab MTL 121 Lab is suggested but not mandatory (1)	3		
C. Public Speaking (3)	SPK 208 or 230	3		
D. Diverse Communities "J" (3) See catalog for approved courses. <i>At no time can any J course substitute within the ACADEMIC FOUNDATIONS area. No single course may fulfill both "I" and "J" requirements.</i>	KIN 246 Sport, Culture and Society suggested as either J or I course. KIN 254 Psychosocial Aspects of Phys Dis suggested J course for Pre-OT's	3		
E. Interdisciplinary "I" (3) See catalog for approved courses. No "I" course may be used to also fulfill a DISTRIBUTIVE REQUIREMENT .	KIN 246 Sport, Culture and Society suggested as either J or I course.	3		
DISTRIBUTIVE REQUIREMENTS				
A. Science (6 min)	See Related Requirements for specific concentration's requirements			
B. Behavioral / Social Sciences (6)	PSY 100	3		
	SOC 200 or 240	3		
C. Humanities (6)	Select from at least <u>two</u> of the following areas: <u>Literature</u> --LIT 100, LIT 165, CLS 165, CLS 260, CLS 261	3		
	<u>History</u> --HIS 100, 101, 102, 150, 151, 152	3		
	<u>Philosophy</u> --PHI 100, 101, 180			
D. The Arts (3)	Any courses from art, film, theater, cinematography, dance, music, photography	3		
STUDENT ELECTIVES (9)	Transferred courses or courses in your selected minor or EXS concentration's Related Requirements may be used in this category.			
WRITING EMPHASIS COURSES "W" (9) (W's may overlap other required courses. Otherwise, this requirement will add 9 cr hours to your total # of cr hrs in order to graduate.)	WRT 120, 200, 204, 205, 206, 208, or 220 do <u>not</u> count as writing emphasis courses.			
All students who take their entire GEN ED program at WCU, or transfer fewer than 40 credits, must complete 3 W's	(one W must be at the 300 level) W			
Transfer students: 40 – 70 T credits must complete 2 W's	W			
Transfer students: > 70 T credits must complete 1 W	W			

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RELATED REQUIREMENTS	Course #	CR HRS	Fall (F) Winter (W) Spring (Sp) Sum (S) / YEAR	GRADE OR "T"
Anatomy and Physiology I and II	BIO 259	4		
	BIO 269	4		
Chemistry and Lab	CHE/CRL 103 or CHE/CRL 107	5		
Physics	PHY 100 or above	4		
Intro to Med Term and Drug Classifications	EXS 222	2		
Introduction to Nutrition	NTD 303	3		
First Aid and Athletic Training	SMD 271	3		
ELECTIVES UNDER ADVISEMENT (to fulfill 120 cr hr minimum; must be approved by advisor). A minor may fill this requirement.				
CORE EXS COURSES (Must be passed with a C- or better) <i>All students are required to maintain current CPR and First Aid Certifications throughout the program.</i>				
Group Exercise Leadership	EXS 101	2		
Fundamentals of Resistance Training Techniques	EXS 102	2		
Kinetic Anatomy	EXS 223	2		
Lifetime Fitness Concepts	EXS 180	3		
Biomechanics (prereq BIO 259, PHY 100 or PHY 130)	EXS 262	3		
Biomechanics Lab (taken concurrently with EXS 262)	EXL 262	1		
Motor Learning (prereq BIO 259 with a C- or better)	EXS 370	3		
Exercise Psychology (prereq PSY 100)	EXS 375	3		
Exercise Physiology (prereq BIO 269 with a C- or better)	EXS 380	3		
Exercise Physiology Lab (prereq BIO 269 with a C- or better)	EXL 380	1		
Fitness Assess & Ex Presc (prereq EXS380 and EXL 380)	EXS 381	4		
Ex Techniques & Phys Cond (prereq EXS 262, EXS 380, EXS 381)	EXS 482	4		
Org and Mgt of Adult Fit Facilities(prereq EXS 380, EXL 380 and EXS 381)	EXS 484	3		
Ex Prescription for Special Pops (prereq EXS 381)	EXS 486	3		
Clinical Ex Testing and Prescription (prereq EXS 381)	EXS 489	4		
INTERNSHIP: is a capstone course usually taken in the last semester before graduation (prereq: senior Exercise Science major, permission of department and under the supervision of a certified or licensed professional) May not be repeated for credit.	EXS 490	3		