

B.S. in Exercise Science Exercise Science Specialist (code s138)
Fall 2018 and forward

Name _____ **Sem/Yr entering Major** _____
(Students are bound by the major, minor, and related 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 and to unlock the hold. Always bring your up-to-date course record sheet with you to your meeting)*

You MUST successfully complete a minimum of 120 credit hours in order to graduate.

GENERAL EDUCATION REQUIREMENTS

Category (# credit hours)	Title/Number of Course	Credit Hours	Semester/ Year	Letter Grade or "T"
ACADEMIC FOUNDATIONS				
A. English Composition (6)	WRT 120 and	3		
	one of the following: WRT 200, 204, 205, 206, 208, or 220	3		
B. Mathematics (3)	MAT 121	3		
C. Public Speaking (3)	SPK 208 or 230	3		
D. Diverse Communities "J" (3) See catalog for approved courses.	Suggested KIN 246 Sport, Culture, and Society or KIN 254 Disability Studies	3		
E. Interdisciplinary "I" (3) See catalog for approved courses.	Suggested KIN 246 Sport, Culture, and Society	3		
DISTRIBUTIVE REQUIREMENTS				
A. Science (6)	See Related Requirements to fulfill these credits			
B. Behavioral / Social Sciences (6)	PSY 100	3		
	SOC 200 or 240	3		
C. Humanities (6)	Select from <u>two</u> of the three following areas:			
	Literature - LIT 100, LIT 165, CLS 165, CLS 260, CLS 261	3		
	History - HIS 100, 101, 102, 150, 151, 152	3		
	Philosophy - PHI 100, 101, 180			
D. Arts (3) See catalog for approved courses.	ARH, ART, DAN, FLM, MHL, MTC, THA	3		
Student Electives (9-12)				
WRITING EMPHASIS COURSES "W" (9) WRT 120, 200, 204, 205, 206, 208, or 220 do <u>not</u> count as writing emphasis courses Consider "double dipping" – look for "W" classes that also fulfill "J", "I", humanities, art or other course requirements.				
All students who take their entire GEN ED program at WCU, or transfer fewer <u>than 40</u> <u>credits, must complete 3 W's.</u> Transfer students: 40-70 T credits must <u>complete 2 W's</u> Transfer students: >70 T credits must complete 1 W.	(one W must be at the 300 level) W	3		
	W	3		
	W	3		

Effective Fall 2018

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RELATED REQUIREMENTS (must pass each course)		Course Number	Credit Hours	Semester/ Year	Letter Grade or "T"
Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science					
Basic Biological Science or General Biology		BIO 100 or 110	3		
Anatomy and Physiology I (pre-req BIO 100 or 110)		BIO 259	4		
Anatomy and Physiology II (pre-req BIO 259)		BIO 269	4		
Chemistry and Lab		CHE/CRL 107 or CHE/CRL 103	5 or 4		
Physics		PHY 100 or above	3		
Introduction to Nutrition		NTD 303	3		
First Aid for Health Professionals or First Aid and Athletic Training		SMD 204 or SMD 271	3 or 2		
Electives Under Advisement: To fulfill 120 credit hour minimum; must be approved by advisor. A minor may fill this requirement.					
CORE EXS COURSES (Must be passed with a C- or better)					
Fundamentals of Group Exercise and Resistance Training		EXS 103	3		
Lifetime Fitness Concepts		EXS 180	3		
Motor Learning		EXS 270	3		
Kinetic Anatomy (pre-req BIO 259)		EXS 223	2		
The Exercise Science Profession (pre-req EXS 180)		EXS 280	1		
Biomechanics (pre-req PHY 100/130 and EXS 223)		EXS 362	3		
Biomechanics Laboratory (taken concurrently with EXS 362)		EXL 362	1		
Sport and Exercise Psychology (pre-req PSY 100 and EXS 270)		EXS 375	3		
Exercise Physiology (pre-req BIO 269 and EXS 180)		EXS 380	3		
Exercise Physiology Laboratory (taken concurrently with EXS 380)		EXL 380	1		
Fitness Assessment – Exercise Prescription (pre-req EXS/EXL 380)		EXS 381	3		
Fitness Assessment – Exercise Prescription Laboratory (taken concurrently with EXS 381)		EXL 381	1		
Strength Training and Conditioning (pre-req EXS/EXL 362 and EXS/EXL 380)		EXS 482	4		
Organization and Management of Adult Fitness Programs Clinic/Seminar (pre-req EXS/EXL 381)		EXS 484	3		
Exercise Prescription – Special Population (pre-req EXS/EXL 381)		EXS 486	3		
Clinical Exercise Testing and Interpretation (pre-req EXS/EXL 381)		EXS 489	3		
Clinical Exercise Testing and Interpretation Laboratory (taken concurrently with EXS 489)		EXL 489	1		
Internship MUST be taken in the last semester before graduation – capstone course. (Requires permission from Department under the supervision of a certified instructor). *May not be repeated for credit.		EXS 490	3-6		

Notes: _____