

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

Course Record Sheet - starting Fall 2019 on

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)

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

GENERAL EDUCATION REQUIREMENTS (Effective Fall 2019)

Category (# credit hours)	Title/Number of Course	Credit Hours	Semester /Year	Letter Grade or T
FIRST YEAR EXPERIENCE (4)	FYE 100D	4		
ACADEMIC FOUNDATIONS				
A. English Composition (6 or 7)	WRT 120 or 123 and one of the following:	3 or 4		
	WRT 200, 204, 205, 206, 208, or 220	3		
B. Mathematics (3)	MAT 121	3		
C. Interdisciplinary "I" (3)	KIN 246 suggested or see catalog for all approved courses.	3		
D. Diverse Communities "J" (3)	KIN 246 or KIN 254 suggested or see catalog for all approved courses.	3		
DISTRIBUTIVE REQUIREMENTS				
A. Science (6)	See Related Requirements to fulfill these credits including BIO, CHE and PHY			
B. Behavioral / Social Sciences (6)	PSY 100 required	3		
	SOC 200 or 240 required	3		
C. Humanities (6) Select two courses, each from a DIFFERENT areas. See catalog for all approved courses.	History- HIS 100, 101, 102, 150, 151, 152, 444. Language – LAN 100. Literature- LIT 100, LIT 101, LIT 165, LIT 219, LIT 220, CLS 165, CLS 260, CLS 261. Philosophy – PHI 100, 101, 125, 150, 180, 201, 206, 207, 220, 280, 282, 350. Physics – PHY 125	3		
		3		
D. Arts (3) See catalog for all approved courses.	Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA	3		
ADDITIONAL BACCALAUREATE REQUIREMENTS				
A. ETHICS REQUIREMENT	PHI 180 suggested and also can be used as humanities and diverse communities. See catalog for all approved courses	3		
B. WRITING EMPHASIS COURSES "W" (9) See catalog for approved courses.	One "W" must be at the 300-400 level	"W" courses may also be used to satisfy other requirements.		
All students entering WCU with fewer than 40 credits, must complete 9 credits of "W" classes		3		
Transfer students who bring to WCU 40-70 transfer credits must complete 6 credits of "W" classes.		3		
Transfer students who bring to WCU more than 70 transfer credits must complete one 300-400 level 3 credit "W" class.		3		
C. SPEAKING EMPHASIS COURSES "S" (9) See catalog for approved courses.	One "S" must be at the 300-400 level	"S" courses may also be used to satisfy other requirements.		
All students entering WCU with fewer than 40 credits, must complete 9 credits of "S" classes		3		
Transfer students who bring to WCU 40-70 transfer credits must complete 6 credits of "S" classes.		3		
Transfer students who bring to WCU more than 70 transfer credits must complete one 300-400 level 3 credit "S" class.		3		

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RELATED REQUIREMENTS		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 PHY 130 or 170	3 or 4		
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)		Course Number	Credit Hours	Semester /Year	Letter Grade or T
Fundamentals of Group Exercise and Resistance Training		EXS 103	3		
Lifetime Fitness Concepts		EXS 180	3		
Kinetic Anatomy (pre-req BIO 259)		EXS 223	2		
Motor Learning		EXS 270	3		
The Exercise Science Profession (pre-req EXS 180)		EXS 280	1		
Biomechanics (pre-req PHY 100 or 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 (CAPSTONE) MUST be taken in the last semester before graduation – capstone course. (Requires permission from Department. Performed under the supervision of an appropriately credentialed individual . *May not be repeated for credit.		EXS 490	3-6		

Effective Fall 2019

Suggested 4-year Course Schedule for **Exercise Science Specialist**

Year	Fall	Fall 2 nd option	Spring	Spring 2 nd option
1 st	BIO 100 (3)		BIO 259 (4)	
	EXS 103 (3)	EXS 180 (3)	EXS 180 (3)	EXS 103 (3)
	FYE 100D (4)	Must take FYE 100D now	MAT 121 (3)	
	SOC 200 or 240 (3)	PSY 100 (3)	PSY 100 (3)	SOC 200 or 240 (3)
	WRT 120/123 (3/4)		WRT 200 level (3)	
	16/17 credits		16 credits	
2 nd	BIO 269 (4)		PHY 100 (3)	
	EXS 223 (2) +280 (1)	EXS 270 (3)	EXS 270 (3)	EXS 223 (2) +280 (1)
	Take 3 Gen Ed Classes (9) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.		NTD 303 (3)	
			Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.	
	16 credits		15 credits	
3 rd	CHE/CRL 107 (4 +1)		EXS 375 (3)	
	EXS/EXL 362 (3+1)		EXS/EXL 381 (3 + 1)	
	EXS/EXL 380 (3 + 1)		Take 3 Gen Ed Classes (9) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.	
	SMD 271 (2)	SMD 204 (3)		
	15 credits	16 credits	16 credits	
4 th	EXS 482 (4)		EXS/EXL 489 (3 + 1)	
	EXS 484 (3)		EXS 490 (3 to 6)	
	EXS 486 (3)		Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.	
	Take 2 Gen Ed Classes (6) from list: one I, one J, three S, three W, one ethics, one arts, two humanities. Double up on Gen Ed classes when you can.			
	16 credits		13 – 16 credits	