

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

*Effective Fall 2018*

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| <b>RELATED REQUIREMENTS</b><br><b>(must pass each course)</b>  |  | <b>Course<br/>Number</b>      | <b>Credit<br/>Hours</b> | <b>Semester/<br/>Year</b> | <b>Letter<br/>Grade<br/>or "T"</b> |
|--|--|-------------------------------|-------------------------|---------------------------|------------------------------------|
| <b>Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science</b>  |  |                               |                         |                           |                                    |
| 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<br>CHE/CRL 103 | 5 or<br>4               |                           |                                    |
| Physics  |  | PHY 100 or<br>above           | 3                       |                           |                                    |
| Introduction to Nutrition  |  | NTD 303                       | 3                       |                           |                                    |
| First Aid for Health Professionals or<br>First Aid and Athletic Training   |  | SMD 204 or<br>SMD 271         | 3 or<br>2               |                           |                                    |
| <b>Electives Under Advisement:</b> To fulfill 120 credit hour minimum; must be approved by advisor. A minor may fill this requirement.   |  |                               |                         |                           |                                    |
| <b>CORE EXS COURSES</b><br><b>(Must be passed with a C- or better)</b>   |  |                               |                         |                           |                                    |
| 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<br>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<br>MUST be taken in the last semester before graduation – capstone course.<br>(Requires permission from Department under the supervision of a certified instructor). *May not be repeated for credit. |  | EXS 490                       | 3-6                     |                           |                                    |

**Notes:** \_\_\_\_\_