

Appalachian State University  
 B.S. in Exercise Science  
 Sandhills Community College  
 A.A.S. in Health & Fitness Science  
 Addendum Fall 2019-2020

CC Course #	ASU Course #	ASU Course Title	Credits
<b>General Education Requirements</b>			
	UCO MET	FIRST YEAR SEMINAR WAIVED FOR TRANSFER STUDENTS WITH 30 OR MORE HOURS OF CREDIT PRIOR TO ENROLLING AT APPALACHIAN	
ENG 111	RC 1000	Expository Writing	3
ENG 114 or COM 231	RC 2001 or COM 2105	Intro. Writing Across Curriculum [recommended] or Public Speaking in the Disciplines (LSE)	3
PSY 150	PSY 1200	Psychological Foundations (Liberal Studies Experience)	3
UGETC HUM		Liberal Studies Experience	3
MAT 143 or 171	GEP MAT or MAT 1020	Quantitative Literacy [*MAT 171 recommended and will also meet major requirement]	3-4
		<b>TOTAL</b>	<b>15-16</b>
<b>Major Requirements</b>			
BIO 155	NUT 2202	Nutrition and Health (Wellness Literacy)	3
BIO 165	ES 2031	Human Anatomy & Physiology I	4
BIO 166	ES 2032	Human Anatomy & Physiology II	4
HFS 111	ES 2005	Introduction to Physiological Assessment	4
PED 113	PE 1742	Aerobics	1
PED 117	PE 1754	Weight Training	1
			<b>17</b>
<b>Exercise Science/Interdisciplinary Studies Electives</b>			
HEA 112	PH 3100	Emergency Care and CPR	2
HFS 110	ES elective		4
HFS 118	ES elective		4
HFS 120	ES elective		3
HFS 210	ES elective	{ES electives may be used in either major electives section}	3
HFS 212	ES elective		3
HFS 214	ES elective		3
HFS 218	ES elective		4
WBL 111/115/121	ES 3900	Internship (all three courses must be completed for credit)	3
MED 120	ES elective		2
		<b>TOTAL</b>	<b>31</b>
<b>Free Electives</b>			
BUS 139 or 230	BUS Elective		3
PED 118	PE 1755	WEIGHT TRAINING II	1
PED 122 OR 217	PE 1751 OR PE ACTV	YOGA	1
		<b>TOTAL</b>	<b>5</b>
		<b>TOTAL TRANSFERRED TOWARDS EXERCISE SCIENCE DEGREE</b>	<b>68-69</b>

Credits Complete

	ASU Course #	ASU Course Title	Credits	
<b>Credits Remaining</b>	<b>General Education Requirements</b>			
		CHE 1101 & 1110	Introductory Chemistry I (Science Inquiry)	4
		CHE 1102 & 1120	Introductory Chemistry II (Science Inquiry)	4
		RC 2001	Writing Across the Curriculum (if ENG 114 not taken)	0-3*
			Integrative Learning Experience (w/designations)	9
			Liberal Studies Experience (w/designations)	3-6
			<b>Note: 3 hours each of Fine Arts, Historical Studies, and Literary Studies must be taken in ILE or LSE)</b>	
			<b>TOTAL</b>	<b>23</b>
	<b>Major Requirements</b>			
		BIO 1801	Biological Concepts I	4
		PHY 1103	General Physics I	4
		PHY 1104	General Physics II	4
		ES 2002	Introduction to Exercise Science	3
		ES 2020 or STT 2810 or STT 2820	Measurement and Evaluation or Introduction to Statistics or Reasoning with Statistics	3
		ES 3002	Exercise Physiology (WID)	3
		ES 3005	Advanced Physiological Assessment (CAP)	3
		ES 3550	Introduction to Biomechanics	4
		MAT 1020	College Algebra with Applications (if MAT 171 not taken)	0-4
		Free Elec		0-1
		<b>MAJOR TOTAL</b>	<b>28-32</b>	
		<b>TOTAL</b>	<b>120</b>	
		<b>TOTAL (120 hrs required for degree)</b>	<b>120</b>	

Residency Requirements:

- 50 hours must be from a senior institution
- 31 hours must be from ASU
- 18 hours in the major must be from ASU
- 9 hours in the minor must be from ASU (if applicable)