

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	KIN 246 Sport, Culture and Society suggested as either J or I course. KIN 254 Psychosocial Aspects of Physical Disability suggested J course for Pre-OT's	3		
E. Interdisciplinary "I" (3) See catalog for approved courses	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: 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. 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) <i>(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.)</i>	<u>WRT 120, 200, 204, 205, 206, 208, or 220</u> 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	<i>(one W must be at the 300 level)</i> 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 (19 cr hrs + Electives) (Must be passed with a C- or better)	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 107	5		
Physics	PHY 100 or above	4		
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) All students are required to maintain current CPR and First Aid Certifications.				
Group Exercise Leadership	EXS 101	2		
Fundamentals of Resistance Training Techniques	EXS 102	2		
Lifetime Fitness Concepts	EXS 180	3		
Kinetic Anatomy	EXS 223	2		
Biomechanics (prereq EXS 223, BIO 259, PHY 100 or 130)	EXS 262	3		
Biomechanics Lab (taken concurrently with EXS 262)	EXL 262	1		
Motor Learning (prereq BIO 259)	EXS 370	3		
Exercise Psychology (prereq EXS 370, PSY 100, or permission of instructor)	EXS 375	3		
Exercise Physiology (prereq BIO 269, EXS 180)	EXS 380	3		
Exercise Physiology Lab (prereq BIO 269 or prior enrollment in EXS 380)	EXL 380	1		
Fitness Assess & Ex Presc (prereq EXS 380 and EXL 380)	EXS 381	4		
Ex Techniques & Phys Cond (prereq EXS 262, 380, EXL 380)	EXS 482	4		
Org and Mgt of Adult Fitness Programs Clinic/Seminar (prereq EXS 380, EXL 380 and permission of instructor)	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 (Permission of Department and under the supervision of a certified or licensed professional) May not be repeated for credit.	EXS 490	3		