

# B.S. in Exercise Science – Exercise Science Specialist Concentration (code S138)

## Course Record Sheet - starting Fall 2023

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

Category (# credit hours)	Title/Number Course Information	Credit Hours	Letter Grade or T
<b>FIRST YEAR EXPERIENCE (4)</b>	<b>FYE 100D required</b> if transferred in less than 24 credits	<b>4</b>	
<b>ACADEMIC FOUNDATIONS</b>			
<b>A. English Composition (6 or 7)</b>	<b>WRT 120 or 123</b> depending on placement test WRT 200, 204, 205, 206, 208, or 220	<b>3 or 4</b> <b>3</b>	
<b>B. Mathematics (3)</b>	<b>MAT 121 or MAT 125 required</b>	<b>3</b>	
<b>C. Interdisciplinary "I" (3)</b>	KIN 246 satisfies both "I" and "J"	<b>3</b>	
<b>D. Diverse Communities "J" (3)</b>	KIN 246 satisfies both "I" and "J"; PHI 180 KIN 254 satisfies "J" and required for APA minor	<b>3</b>	
<b>DISTRIBUTIVE REQUIREMENTS</b>			
<b>A. Science (6)</b>	<b>See Related Requirements</b> in Biology, Chemistry and Physics classes which fulfill graduation requirement		
<b>B. Behavioral / Social Sciences (6)</b>	<b>PSY 100 required</b> – also approved ethics course	<b>3</b>	
	<b>SOC 100 or 240 required</b>	<b>3</b>	
<b>C. Humanities (6)</b> Must take two courses, each one from different area. If course number is followed by "*" it indicates more than one Gen Ed is satisfied – see catalog for more info	<b>History-</b> HIS 100, 101, 102, 150, 151, 152, 214*, 215, 221, 222, 444. <b>Honors-</b> HON 212*, 311*. <b>Language-</b> LAN 100, LIN 130, 140*, LNC 100, 105*, 110*, 368.	<b>3</b>	
	<b>Literature-</b> LIT 100, 101, 165*; <b>CLS</b> 165*, 260,* 261*. <b>Philosophy-</b> PHI 100, 101, 150, 180*, 201, 206, 220, 280, 282 <b>Urban Com-</b> RUX 110	<b>3</b>	
<b>D. Arts (3)</b>	Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA found under "ARTS Distributive" See catalog for all approved courses.	<b>3</b>	
<b>ADDITIONAL BACCALAUREATE REQUIREMENTS</b>			
<b>A. ETHICS REQUIREMENT "ET"</b>	<b>Suggested:</b> PHI 180 (also covers 2 <sup>nd</sup> Humanities and Diverse Communities) or PSY 100 (also covers one Behavioral/Social Science); HEA 210; HEA 300; PHI 371		
<b>B. WRITING EMPHASIS COURSES "W" (9)</b> See catalog for approved courses.	<b>One "W" must be at the 300-400 level</b>		"W" courses may also be used to satisfy other requirements.
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "W" class.</u>		<b>3</b>	
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "W" classes.</u>		<b>3</b>	
All students entering WCU with fewer than 40 credits, <u>must complete 9 credits of "W" classes</u>		<b>3</b>	
<b>C. SPEAKING EMPHASIS COURSES "SE" (9)</b> See catalog for approved courses.	<b>One "SE" must be at the 300-400 level which is satisfied by EXS 490.</b>		"SE" courses may also be used to satisfy other requirements.
Transfer students who bring to WCU more than 70 transfer credits must <u>complete one 300-400 level 3 credit "S" class.</u>	Can use EXS 490 and double dip	<b>3 - 6</b>	
Transfer students who bring to WCU 40-70 transfer credits must <u>complete 6 credits of "S" classes.</u>	Can use EXS 103 and double dip	<b>3</b>	
All students entering WCU with fewer than 40 credits, <u>must complete 9 credits of "S" classes</u>	Suggested SPK 208 or 230	<b>3</b>	

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<b>RELATED REQUIREMENTS (Must be passed with a D- or better)</b> <b>Note: Six credit hours of science courses found in this section fulfill General Education Distributive Requirements in Science</b>	<b>Course Number</b>	<b>Credit Hours</b>	<b>Letter Grade or T</b>
Basic Biological Science or General Biology	BIO 100/110	3/4	
Anatomy and Physiology I (pre-req BIO 110)	BIO 259	4	
Anatomy and Physiology II (pre-req BIO 259)	BIO 269	4	
A Chemistry lecture and lab – only one semester of chemistry (lecture + lab) is required. Choose from CHE/CRL 107 or CHE/CRL 103	CHE 107/103	4/3	
	CRL 107/103	1/1	
A Physics course is required. Choose from PHY 100 or PHY 130.	PHY 100/130	3/4	
Introduction to Nutrition	NTD 303	3	
First Aid for Health Professionals or First Aid and Athletic Training (choose one)	SMD 204/271	3/2	
<b>Electives Under Advisement:</b> These classes will be used to fulfill the graduation requirement for accumulating 120 credit hours minimum; must be approved by advisor. These classes could contribute to a minor.			
<b>CORE EXS COURSES (Must be passed with a C- or better)</b>	<b>Course Number</b>	<b>Credit Hours</b>	<b>Letter Grade or T</b>
Fundamentals of Group Exercise and Resistance Training (double dips for SE)	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 Lab (taken concurrently with EXS 381)	EXL 381	1	
Strength Training and Conditioning (pre-req EXS/EXL 362 and EXS/EXL 380)	EXS 482	3	
Strength Training and Conditioning Laboratory (taken concurrently with EXS 482)	EXL 482	1	
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 Lab (taken concurrently with EXS 489)	EXL 489	1	
Internship ( <b>CAPSTONE</b> ) Requires permission from Department and <b>applications due October 1<sup>st</sup> or March 1<sup>st</sup></b> the semester before you perform your internship. <b>MUST</b> be taken in the last semester before graduation as the capstone course. Performed under the supervision of an appropriately credentialed individual. *May not be repeated for credit.	EXS 490 covers SE credits also	3-6	

NOTE: Exercise Science Specialist majors can benefit from adding a minor. Suggested minors include but are not limited to nutrition or coaching. A minor requires a minimum of 18 credits.

*Effective Fall 2023*