

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

Course Record Sheet - starting Spring 2020 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 100 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 | 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 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 | | |