

# 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
<b>FIRST YEAR EXPERIENCE (4)</b>	FYE 100D	<b>4</b>		
<b>ACADEMIC FOUNDATIONS</b>				
<b>A. English Composition (6 or 7)</b>	WRT 120 or 123 and one of the following:	<b>3 or 4</b>		
	WRT 200, 204, 205, 206, 208, or 220	<b>3</b>		
<b>B. Mathematics (3)</b>	MAT 121	<b>3</b>		
<b>C. Interdisciplinary "I" (3)</b>	KIN 246 suggested or see catalog for all approved courses.	<b>3</b>		
<b>D. Diverse Communities "J" (3)</b>	KIN 246 or KIN 254 suggested or see catalog for all approved courses.	<b>3</b>		
<b>DISTRIBUTIVE REQUIREMENTS</b>				
<b>A. Science (6)</b>	<b>See Related Requirements to fulfill these credits</b> including BIO, CHE and PHY			
<b>B. Behavioral / Social Sciences (6)</b>	PSY 100 required	<b>3</b>		
	SOC 100 or 240 required	<b>3</b>		
<b>C. Humanities (6)</b> Select two courses, each from a <b>DIFFERENT</b> areas. See catalog for all approved courses.	<b>History-</b> HIS 100, 101, 102, 150, 151, 152, 444. <b>Language</b> – LAN 100. <b>Literature-</b> LIT 100, LIT 101, LIT 165, LIT 219, LIT 220, CLS 165, CLS 260, CLS 261. <b>Philosophy</b> – PHI 100, 101, 125, 150, 180, 201, 206, 207, 220, 280, 282, 350. <b>Physics</b> – PHY 125	<b>3</b>		
		<b>3</b>		
<b>D. Arts (3)</b> See catalog for all approved courses.	Choose from these prefixes: ARH, ART, DAN, FLM, MHL, MTC, THA	<b>3</b>		
<b>ADDITIONAL BACCALAUREATE REQUIREMENTS</b>				
<b>A. ETHICS REQUIREMENT</b>	PHI 180 suggested and also can be used as humanities and diverse communities. See catalog for all approved courses	<b>3</b>		
<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.
All students entering WCU with fewer than 40 credits, must complete 9 credits of "W" classes		<b>3</b>		
Transfer students who bring to WCU 40-70 transfer credits must complete 6 credits of "W" classes.		<b>3</b>		
Transfer students who bring to WCU more than 70 transfer credits must complete one 300-400 level 3 credit "W" class.		<b>3</b>		
<b>C. SPEAKING EMPHASIS COURSES "S" (9)</b> See catalog for approved courses.	<b>One "S" must be at the 300-400 level</b>			"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		<b>3</b>		
Transfer students who bring to WCU 40-70 transfer credits must complete 6 credits of "S" classes.		<b>3</b>		
Transfer students who bring to WCU more than 70 transfer credits must complete one 300-400 level 3 credit "S" class.		<b>3</b>		

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<b>RELATED REQUIREMENTS</b>	<b>Course Number</b>	<b>Credit Hours</b>	<b>Semester /Year</b>	<b>Letter Grade 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	<b>3</b>		
Anatomy and Physiology I (pre-req BIO 100 or 110)	BIO 259	<b>4</b>		
Anatomy and Physiology II (pre-req BIO 259)	BIO 269	<b>4</b>		
Chemistry and Lab	CHE/CRL 107 or CHE/CRL 103	<b>5 or 4</b>		
Physics	PHY 100 or PHY 130 or 170	<b>3 or 4</b>		
Introduction to Nutrition	NTD 303	<b>3</b>		
First Aid for Health Professionals or First Aid and Athletic Training	SMD 204 or SMD 271	<b>3 or 2</b>		
<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> <b>(Must be passed with a C- or better)</b>	<b>Course Number</b>	<b>Credit Hours</b>	<b>Semester /Year</b>	<b>Letter Grade or T</b>
Fundamentals of Group Exercise and Resistance Training	EXS 103	<b>3</b>		
Lifetime Fitness Concepts	EXS 180	<b>3</b>		
Kinetic Anatomy (pre-req BIO 259)	EXS 223	<b>2</b>		
Motor Learning	EXS 270	<b>3</b>		
The Exercise Science Profession (pre-req EXS 180)	EXS 280	<b>1</b>		
Biomechanics (pre-req PHY 100 or 130 and EXS 223)	EXS 362	<b>3</b>		
Biomechanics Laboratory (taken concurrently with EXS 362)	EXL 362	<b>1</b>		
Sport and Exercise Psychology (pre-req PSY 100 and EXS 270)	EXS 375	<b>3</b>		
Exercise Physiology (pre-req BIO 269 and EXS 180)	EXS 380	<b>3</b>		
Exercise Physiology Laboratory (taken concurrently with EXS 380)	EXL 380	<b>1</b>		
Fitness Assessment – Exercise Prescription (pre-req EXS/EXL 380)	EXS 381	<b>3</b>		
Fitness Assessment – Exercise Prescription Laboratory (taken concurrently with EXS 381)	EXL 381	<b>1</b>		
Strength Training and Conditioning (pre-req EXS/EXL 362 and EXS/EXL 380)	EXS 482	<b>3</b>		
Strength Training and Conditioning Laboratory (taken concurrently with EXS 482)	EXL 482	<b>1</b>		
Organization and Management of Adult Fitness Programs Clinic/Seminar (pre-req EXS/EXL 381)	EXS 484	<b>3</b>		
Exercise Prescription – Special Population (pre-req EXS/EXL 381)	EXS 486	<b>3</b>		
Clinical Exercise Testing and Interpretation (pre-req EXS/EXL 381)	EXS 489	<b>3</b>		
Clinical Exercise Testing and Interpretation Laboratory (taken concurrently with EXS 489)	EXL 489	<b>1</b>		
Internship ( <b>CAPSTONE</b> ) 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	<b>3-6</b>		